



EmotiPal

Client Portal Overview

GROW Worksheet

Complete the GROW worksheet for a single goal.

Goal Reality Options

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Worksheet Example

- Goal: Decide what you want to achieve. Identify a clear goal using SMART goal guidelines (specific, measurable, achievable, realistic, time-bound) and select appropriate success measures.

- Reality: What are the current circumstances or position you are starting from in terms of skills, knowledge, position, etc. You may also want to record challenges or obstacles, resources, and any information about previous attempts at this goal.

- Options: Identify the potential strategies or solutions to achieve the identified goal. How realistic is each option you list?

- Will: Select an option and detail the steps and/or actions required to achieve the state goal.

Goal	Reality	Options	Will
Transitions from corporate marketing to self-employed marketing consultant within 18 months	7 years relevant industry experience in the organic foods industry, specializing in beverage industry with good connections but more limited resources	1. Gradual transition, moving part-time to full-time working out of hours to maximize available time 2. Create business website and portfolio within 2 months	Gradual transition, moving part-time to full-time working out of hours to maximize available time - Register my own company within 1 month - Create business website and portfolio within 2 months

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What is EmotiPal

EmotiPal is a **shared online space** where **professionals and clients work together**.

Professionals create **personalised, interactive exercises** that can be **explored together**,
completed by the client at their own pace, and **revisited easily on any device**.



PRIVATE AND SECURE

Your data is encrypted and visible only to you and your professional.



PERSONALISED

Each activity can be tailored to your needs by your professional.



ACCESSIBLE ANYTIME

Access your activities online, on any device: phone, tablet, or computer.



FREE FOR THE CLIENT

If you're invited by a professional, they cover the subscription cost.

What Clients can do with EmotiPal

COMPLETE ACTIVITIES

Check in, fill in exercises and answer questions using any device.

REFLECT BETWEEN SESSIONS

Revisit past activities and reflect on the journey

COLLABORATE

Collaborate with their professional across all shared activities

Activities

Thought Record

New!



Activity scheduling

20 minutes ago



Behavioral activation

2 days ago



Mindfulness relaxation

1 week ago



How to start

1

ACCEPT THE INVITATION

Your professional will send you a link via email or whatsapp to confirm your account.

2

CREATE A PASSWORD

Your account will remain private. Do not share your password with anyone.

3

START YOUR FIRST ACTIVITY

If your practitioner has already assigned an activity, you'll see it when you open the app. If no activity hasn't shown up yet, don't worry - your practitioner will inform you.