HOPE WORKSHEET

REINVENT / REIMAGINE YOUR GOAL.

GOAL BE SPECIFIC	THE WHY I THINK IMPACT	AGENCY THINK MOTIVATION
Be sure your goal is an achievement goal (a desired outcome) vs. an avoidance goal (an outcome you want to avoid).	How will this goal change the way DHS works with program participants?	How ready and committed are we to act?
		On a scale from 0–6 (with 6 being highly motivated), check the box that indicates how motivated you are to achieve this goal:
		1 2 3 4 5 6

PATHWAYS

LIST THE PATHWAYS (ACTIONS/STRATEGIES) YOU CAN USE TO ACHIEVE YOUR GOAL.

PATHWAYS STRATEGIES	BARRIERS THINK OBSTACLES	ALTERNATIVE PATHWAY
Identify paths to achieve your goal.	Anticipate roadblocks.	Overcome barriers and find another way.

PATHWAY TO TA	AKE I WHIC	H PATHWAY A	ABOVE DO YO	U WANT TO	START WITH?
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MILESTONES

WHAT SHORT-TERM GOALS MUST BE ACHIEVED TO REACH OUR DESIRED END-GOAL?



RESOURCES

Identify the people and/or resources you need to sustain your motivation and achieve your goal.

CELEBRATE

Identify ways you will celebrate each milestone in the process of meeting your goal.

SUCCESS

As a team, how successful will you be in pursuing your goal? Circle the number below.

1

Not successful at all

2

A little successful 3

Somewhat successful

4

Moderately successful

5

Mostly successful 6

Very successful If you rated 3 or below, go back and review your goal and determine if you need to choose a different goal and/or pathway.