

GOAL SETTING REFLECTION

Reflect on your own goal-setting process. We have used a few models such as the HOPE Worksheet, Backwards Mapping, FCC Goal Setting, and GPDR/R (Goal, Plan, Do, Review/Revise). Brainstorm a list of challenges you faced when going through the process and record them in the first section. As a table group, brainstorm possible challenges or roadblocks your clients might face when going through the goal-setting process, then work toward solutions for those challenges.

MY GOAL-SETTING JOURNEY

SOME CHALLENGES I FACED WHEN GOING THROUGH THIS PROCESS.....

POSSIBLE CLIENT CHALLENGES & SOLUTIONS

CHALLENGES	SOLUTIONS

