# ACHIEVE Model – Coach Guide

## Purpose of the Model

The ACHIEVE Model is a comprehensive coaching framework that emphasizes goal achievement through seven stages: Assess, Creative brainstorming, Hone goals, Initiate options, Evaluate options, Validate plan, and Execute.

## Visual Representation

[Insert diagram here: boxes/arrows showing model flow]

## How to Conduct this Model

### Step 1: Assess the Current Situation

- What is happening now?

- What challenges are you facing?

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### Step 2: Creative Brainstorming of Alternatives

- What options are possible?

- What innovative ideas come to mind?

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### Step 3: Hone Goals

- What exactly do you want to achieve?

- Why is this goal important to you?

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### Step 4: Initiate Options

- What actions can you start taking?

- Which steps feel most achievable right now?

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### Step 5: Evaluate Options

- Which options are most practical?

- What are the pros and cons of each?

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### Step 6: Validate the Plan

- How confident are you in this plan?

- What adjustments might be necessary?

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### Step 7: Execute

- What specific steps will you take first?

- How will you track progress and accountability?

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