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| **Goal** | **Reality** |
| Identifying what we want to achieve puts you on the path to achieving it.   * What do you want to happen that’s not happening now? * When are you going to achieve your goal? * What are the benefits to you and others in achieving your goal? | It’s essential to consider where you are now, what’s your current situation.   * What will happen if the current situation remains the same? * What is your feeling regarding the current situation? * What are your challenges to you achieving your goal? |
| Identify a specific goal you wish to achieve, try making it SMART - ***S****pecific* ***M****easurable* ***A****chievable* ***R****elevant* ***T****ime based:* | What is the current reality of the situation? |
| **Options** | **Will** |
| Explore the options available to enable you to move towards your goal.   * What different options do you have to achieve your goal? * Who else might be able to help you? * What are the pros and cons of your options? | How motivated you are to achieve your desired goal.   * Which of your options will you choose to act on? * What will happen if you do nothing? * What is your level of commitment, on a scale of 1-10? |
| List your options and make your choices: | What will you commit to do to achieve your goal? *(it can be an option to do nothing now and review later, ensure you commit to a date)* |