

GOAL DEVELOPMENT HANDOUT

Let's begin by having a look at the **Quiz** you completed before the session.

The areas that you **want to know more about** are:

Now we will **put** these **goals** in a **table** along with **who** you want to work with and **when**

The **modules you want to work on** during the **ASK program** are:

Now let's put them in order of **how important** they are to you.

Most important

1

2

3

4

5

Least important

So your first goal is:

1

Let's break it down

How are you going with this at the moment?

What would be the best case scenario?

Let's put it in a table

Fantastic outcome



Better than expected



Expected outcome



Less than expected



Much less than expected



Your second goal is:

2

Let's break it down

How are you going with this at the moment?

What would be the best case scenario?

Let's put it in a table

Fantastic outcome



Better than expected



Expected outcome



Less than expected



Much less than expected



Your third goal is:

3

Let's break it down

How are you going with this at the moment?

What would be the best case scenario?

Let's put it in a table

Fantastic outcome



Better than expected



Expected outcome



Less than expected



Much less than expected



Your fourth goal is:

4

Let's break it down

How are you going with this at the moment?

What would be the best case scenario?

Let's put it in a table

Fantastic outcome



Better than expected



Expected outcome



Less than expected



Much less than expected



Your fifth goal is:

5

Let's break it down

How are you going with this at the moment?

What would be the best case scenario?

Let's put it in a table

Fantastic outcome



Better than expected



Expected outcome



Less than expected



Much less than expected


