

The Language of Goal Achievement

A **critical** part of supporting people through the GPDR/R frame work is changing how we talk about goals, plans, and next steps. The following are some prompts you can use to help facilitate a goal-achievement conversation:

GOAL

- What are your hopes and dreams for the future?
- What is something meaningful to you that you want to achieve? Is it within your control?
- What matters deeply to you that you could see yourself working towards in the next month?
- What keeps you motivated even when things get hard?



PLAN



- Let's work backward and think about what steps you need to take to get where you want to go. What resources you will need?
- Let's map out an action plan for the next week. When will you do each step, how long do you think it will take, where will you do it?
- What might get in the way? What can you do if that happens?

DO

- Let's create a reminder system to help you put your plan into action.
- How can we support you as you move to the next step in your plan?
- It can be hard to do this alone—who might be able to help you with your next steps?
- Let's try doing the first part of your plan together. I'm here to help if you get stuck.



REVIEW



- How did things go this week? What went according to plan?
- What got in your way? How did you respond?
- What could you have done differently?
- What did you learn about yourself?

REVISE

- Does your goal still feel like the right goal? It is achievable?
- What would you like to do next?
- What would help you to move forward?
- How can I support you in coming up with a new plan or goal?

