

CCF Goals & Objectives Form[©] (GO)

What goal would you like to achieve one month from today? Be specific. (This can support your main goal, or be a new goal)

Imagine it is one month from today and you have achieved your goal.

Obstacles: What obstacles could have prevented you from achieving your goal?

Solutions: What specific action steps did you take to remove each obstacle?

Payoff: What specific benefits are you now aware of, as a result of achieving this goal?

What are you experiencing (seeing, hearing or feeling) as a result of achieving this goal?

Supportive questions and comments:

“That’s great, can you go into more detail?” “Can you be more specific?” “What about other aspects?”
“Is there anything missing?” “Do you want to add anything?” “You are doing really well, go on.”

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Objectives

What specific action steps did you take over the last month (or substitute other time frame) to make this goal happen?

What were you feeling (i.e., mindset, tenacity, courage, emotions, etc.) that allowed you to achieve your goal?

What were you doing (i.e., habits, routines, practices) that allowed you to achieve your goal?

Supportive questions and comments:

“That’s great, can you go into more detail?” “Can you be more specific?” “What about other aspects?”
“Is there anything missing?” “Do you want to add anything?” “You are doing really well, go on.”