**G**oal:

* What is the result you hope to achieve?​
* How will you know when you have achieved this goal? ​
* Your ideas \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**R**eality:

* What is happening in the case right now?
* Does this goal conflict with any other goals or objectives you have?
* Your ideas\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**O**bstacles/Options:

* What is preventing you from moving forward? How can I help you overcome this?
* What are the advantages or disadvantages of each option?​
* Your ideas \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**W**ay:

* What will you do next? What is a good timeline for accomplishing this?
* How do you keep yourself motivated?​
* When do you need to review your progress? Bi-weekly, weekly, monthly?
* Your ideas \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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