

Joanna Dreher Consulting

<https://joannadreherconsulting.co.uk/>

Notes on Goal Setting

Any goal that you write should answer every single question in the list below

1. Stated in the positive. "what specifically do you want"
 2. Specify present situation "Where are you now?"
 3. Specify outcome as if it is now.
'what will you see, hear, feel etc, when you have it?'
 4. Specify evidence procedure.
'How will you know when you have it?'
 5. Is it congruently desirable?
'What will this outcome get for you or allow you to do?'
 6. Is it self initiated or self maintained?
'Is it only for you?'
 7. Is it appropriately contextualised?
'Where, when, how and with who do you want it?'
 8. What resources are needed?
'What do you have now and what do you need to get your outcome'
 9. Is it ecological?
'For what purpose do you want this?'
- 'What will you gain or lose if you have it?'
- Think about - what will happen if you get it and what won't happen if you get it.

An example of a well written goal - client buying a house

It is July 2021 and I am sitting in my 5 bedroom, detached, Neo Georgian house near Guildford. The lounge is 45 feet long and 25 feet wide and the floors throughout the house are oak. The room is decorated in pastel shades of green, blending in perfectly with the French curtains and the Italian furniture. There is a spacious feel about the whole house as each room is large allowing a sense of freedom. Each room is decorated to my taste and I am delighted with the overall feel of the house.

I can see the garden through the window, the beautifully manicured lawns bordered by borders filled with summer blossoms. I reflect back at the time 3 years ago when I wrote this goal and recall the first step of the journey to this house when I set up my own practice.

My house has a large office where I now operate my business in therapy, coaching and training.

My husband, my daughter and I are happier & closer and are all enjoying the new space afforded by the house.

As I sit here now I have a real sense of achievement, a feeling of well-being and excitement of finally achieving some of my potential

The house is mortgaged to 50% of its value on the day I purchased it.

Note the specifics of the goal and how she places herself in the future having achieved her goal - she is associated in the goal (looking through her own eyes)