

GROUP GOAL SETTING WORKSHEET

Write down a group goal for the next few weeks (or whatever time period is relevant).

Our goal is _____.

We plan to do the goal _____ [ideally, specify the time, date, place, or context for working on the goal].

Who is in charge of coordinating our efforts as we work toward this goal?

Benefits: What would the most positive aspects of achieving our goal look like? How does the goal support our values?

Barriers: What are the most critical barriers to achieving our goal?

What will we do if we encounter critical barriers?

If _____ [barrier] arises,

we will _____ [goal-supporting action].

If _____ [barrier] arises,

we will _____ [goal-supporting action].