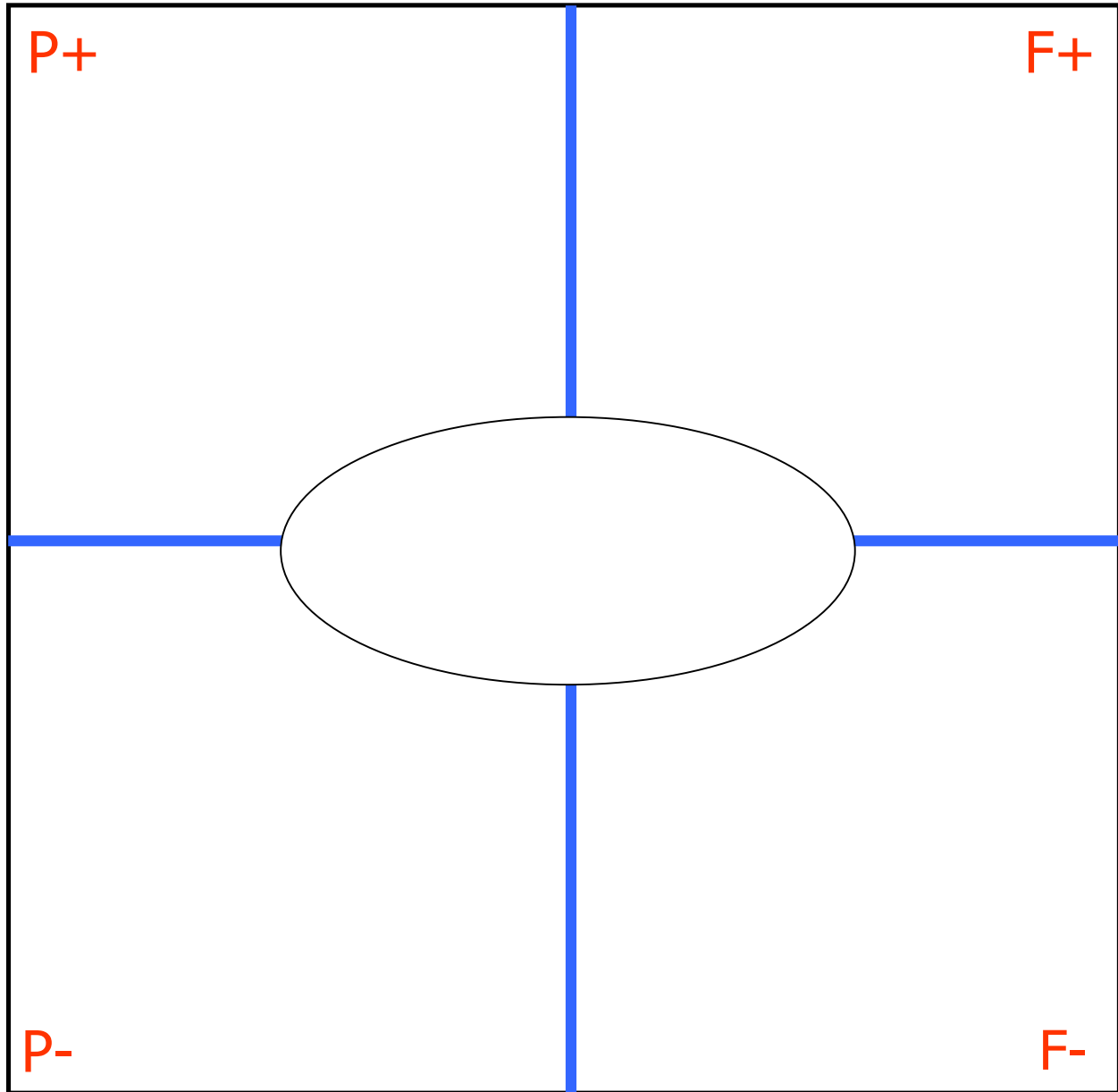


## Goal Review – For Balanced Analysis Or Getting “Unstuck”

**Instructions:** Write your goal or future aspiration in the center circle. In the upper right square (P+), list all the Present positives for staying where you are right now (NOT achieving the goal). In the P- square, list all the negatives associated with staying where you are right now. In the F+ (Future positive) square, list all the benefits and plusses of moving forward and achieving the goal. Finally, in the F- square, write down all the concerns you have about achieving the goal. (you may need another sheet of paper – keep writing till your listing is complete)

This may take a few minutes, or a few days, depending on the size of the goal, the number of others involved, and your feelings and emotions about the goal (either present or future). So sit with the exercise until you feel you've listed everything you can.



**Analysis:** What sticks out? Are there a lot more F- entries than you expected – thus keeping you away from the goal? Or maybe so many P+ that you don't want to leave the present state? Not enough F+ to pull you forward? Not enough P- to motivate you to change? Which items do you need to address to help you get “unstuck” from the present?

Have someone whose objectivity you trust -- a coach or friend -- walk you through your analysis to discuss your feelings about the goal, and to identify which quadrant holds the most concerns. Then work on a plan to address those. (To be fair to yourself, also consider if this analysis supports abandoning the goal, perhaps in favor of another solution – then run the new goal through this same process.)

This assessment tool is adapted from the Natural Brilliance Model and the work of Paul Scheele: Foursquare Goal Assessment