

# Trouble Shooting When Goals Aren't Easily Identified

Goal-setting can be a hard process for some people, especially those living in situations of scarcity and stress. Here are common situations you may encounter during the goal setting phase and strategies to stay on track:

## Trouble Naming a Goal

If participants are having a hard time coming up with a goal they want to achieve, you may need to help them expand their thinking or give them a timeframe or other parameters to think about. You may use the Goal Storming worksheet (Chapter 5) to help brainstorm ideas for hopes and wishes they have in their lives. You may also use the following graphic or the Life Areas Worksheet with examples (Chapter 5) to engage them in a conversation about common life areas in which we often set goals:



## A Participant is in Crisis

When a participant is experiencing a crisis, you can use resolving the crisis as an opportunity to build problem-solving skills using the goal achievement process outlined here. For example, the goal for someone being evicted tomorrow might be to resolve the situation that is leading to the eviction or finding another place to stay. When participants are experiencing a crisis, it is still possible (and advisable) to act as a facilitator rather than a fixer. Whenever you guide someone to identify their own goal related to resolving the crisis and a plan for how to get there, you are helping them build skills they can use in the future – including when future crises arise.