Planning what’s next: GAINNS Model

**GOAL STATEMENT:** What are you trying to accomplish?

**ASSETS:** What are the resources, skills or tools you currently have that will help you reach your goal?

**ISSUES:** What are the barriers or obstacles you might face? What is making it harder for you to reach your goal?

**NEEDS:** Looking at your Assets and Issues – what do you need to keep Assets strong and address Issues? What resources, tools, knowledge or people could help you achieve your goal?

**NEXT STEPS:** Organize your needs – what do you need to do next? It’s OK if you don’t have everything you need now – this is where you write an action plan to get what you need to accomplish your goal.
Accomplishing steps: SMART Goals

SPECIFIC: Write out your goal specifying the needs or otherwise being as detailed as possible.

MEASUREABLE: How will you track your progress? How will you know when you have completed your goal?

ACHIEVABLE: Is your goal the end point of your accomplishment? Are there smaller goals that need to be accomplished first, as part of a larger whole? Document everything; use your Next Steps if necessary.

RELEVANT: Is your goal relevant? How does this goal fit into your long-term plans?

TIME-BOUND: What are your deadlines? How much time are you giving yourself to complete your goal?