



## 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?*