

HOW TO TRANSFORM PROBLEMS INTO GOALS

When we change problems into goals, we can immediately shift from despair to hope.

Make a list of the problems you want help with below in the left column. Then assign a priority for each problem. Circle the letter that most applies. **A**=Urgent, Immediately **B**=Important, Short-Term **C**=Important, Longer Term **D**=Somewhat Important **E**=Low Priority

PROBLEM	PRIORITY
	A B C D E
	A B C D E
	A B C D E
	A B C D E
	A B C D E
	A B C D E
	A B C D E

Circle the problem you want to start to work on. Then change the problem statement into a specific goal. Write the goal statement below. (Example: “I don’t have anyone to talk to” ...”I will have 2 new friends within 4 months”) We will then plan the steps for you to take in order to reach your goal.

GOAL: _____

Dr. Jane Bolton, a marriage and family therapist, master results coach and contemporary psychoanalyst and is dedicated to supporting people in the fullest self expression of their Authentic Selves. This includes Discovery, Understanding, Acceptance, Expression, and Empowerment of the Self. Call 310.838.6363 or visit www.Dr-Jane-Bolton.com