

<p>G Goal</p>	<ul style="list-style-type: none"> • What do we want to achieve? • What will success look like? • What is the bigger picture? • What is inspiring and challenging about this goal? 	
<p>R Reality</p>	<ul style="list-style-type: none"> • What is happening now? • What barriers do we face? • What strengths do we have? • What have we already done that will help us? 	
<p>O Options</p>	<ul style="list-style-type: none"> • What could we do? • What would be helpful? • Who could assist us? • What are the pros and cons of each possible option? 	
<p>W Will</p>	<ul style="list-style-type: none"> • What will we do? • Is this an achievable and realistic option for us? • Are we all committed to this plan of action? 	
<p>T Tactics</p>	<ul style="list-style-type: none"> • How and when will we do it? • What strategy will we take? • How will we address obstacles? • What accountability structures will support us? 	
<p>H Habits</p>	<ul style="list-style-type: none"> • How will we sustain success? • How can we incorporate this into procedures and routine? • How will we support each other and celebrate success? 	