

CLIENT GOALS LIST (SHORT TERM AND LONG TERM)
GOALS I WOULD LIKE TO ACHIEVE THROUGH DIVORCE COACHING

Instructions: Read quickly through the short term goals. Put a 1 & 2 by your most important goals, next put a 6 & 7 by the least important goals, then rank the three remaining goals 3, 4, 5, in order of importance. Repeat the same process with the long term goals.

Short Term (Rank order most important first)

- ___ Ability to help my children weather the divorce process
- ___ Ability to keep my cool and think clearly in tense situations
- ___ Skills and strategies to manage my frustration, irritation and anger
- ___ Skills and strategies for dealing with another's anger
- ___ Ability to avoid automatically giving in when faced with an argument
- ___ Ability to look ahead and set future goals for myself
- ___ Ability to think through the decisions I make with new information

Long Term (Rank order most important first)

- ___ Effective co-parenting communication skills in place
- ___ Broaden parenting abilities for when children are with me
- ___ Set a base to provide for my children's lives (education, finances, emotional needs)
- ___ Develop my individual life
- ___ Change old patterns and habits
- ___ Have more effective problem solving tools to resolve impasses
- ___ Create a positive co-parenting relationship for my children's benefit

Comments related to goals _____

Additional goals: _____

Name _____ Date _____