

Sample GOALS

Goals are higher order ideas that can be achieved in multiple ways, not a position or a comment – It's an exchange of information, an exercise for the other party and the team – it's a reflection of priorities, and what's most important to you.

Purpose of identifying goals:

- Focus clients on broad outcomes that they hope to achieve and provides reference points for decision-making during the process;
- Allows clients to take each other's goals into consideration during the process, especially when making decisions;
- Gives the team insight and understanding of the clients' goals at the outset of the process, allows team to remind clients of goals throughout the process and keep goals in the forefront as reference points.

Goals Are:

- Aspirational in nature (future oriented),
- Opportunity to express something positive at the beginning of the process,
- No need to agree with each other's goals, but it's important to listen to the other's goals,
- There are no "right" or "wrong" goals.

Sample Goals:

- Come to an agreement that is fair and just to the whole family and both of us.
- Continue to be able to parent together: discipline, guidance, enjoying the children together.
- Maintain a stable living situation.
- Co-parent in an effective way.
- Treat one another with respect.
- Respect each other's privacy and support each other's personal choices going forward.
- That Husband and Wife are cared for and financially secure.
- Develop a plan for large future expenses for kids (e.g. student loans, weddings, college).
- Avoid bringing kids into past conflicts or divorce process.
- Avoid polarizing any friends and family now and long-term.
- Explore options for spouse's personal and professional future while maintaining life-style.