

I – CAN – DO Model

Hi you can use this form when you have a goal that you would like to achieve. It provides a framework for you get into the detail of your goal. If you would like some assistance in using this framework please ask me.

Thanks,
Pete

Date:	Name:
Goal/Aim	
Notes	
I	Investigate what is Important?
C	What is your current situation?
A	What are your aims or goals?
N	How can you achieve it? How many other ways can it be achieved?
D	When will it be achieved Day Month Year Time
O	How will you know when it has been achieved? What are the outcome indicators?