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**| RESEARCH ARTICLE**

## **A Structured Protocol for Sustainable Goal Achievement: Development and Application of the Open G.A.T.E.S Model**

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**| ABSTRACT**

Goal achievement remains a central focus within coaching, counseling, and holistic health practices; however, many existing frameworks lack a structured approach that integrates feasibility, contextual awareness, and long-term sustainability. This paper introduces and expands upon the Open G.A.T.E.S Model, a structured protocol developed by Leslie Bereiter and Nicholas Bereiter, designed to guide individuals toward meaningful and sustainable goal attainment. The model is built upon five core components: Goals, Achievability, Timeframe, Environmental Impact, and Support and Sustainability. Each component provides a systematic lens through which clients can define their objectives, evaluate feasibility, establish realistic timelines, consider the broader impact of their goals, and ensure long-term maintenance through appropriate support systems. The protocol begins with clear goal identification and progresses through a sequential process that emphasizes practical achievability, structured time planning, and alignment with both personal and environmental contexts. A key feature of the model is its emphasis on environmental impact and sustainability, encouraging individuals to consider how their goals influence their immediate surroundings, including family, work, and community. The application of the Open G.A.T.E.S Model in professional practice was observed among a group of 12 practitioners, including life coaches, therapists, and counselors, who implemented the protocol with approximately 1,600 clients. Reported outcomes indicated a 90% success rate in goal achievement, suggesting strong practical effectiveness and adaptability across diverse client needs. The findings highlight the potential of the Open G.A.T.E.S Model as a comprehensive, structured approach to goal-setting that extends beyond traditional frameworks by incorporating holistic, sustainability-focused considerations. This protocol provides a practical, scalable tool for professionals seeking to enhance client outcomes in coaching and counseling settings.

**| KEYWORDS**

Open G.A.T.E.S Model, Goal-Setting Framework, Sustainable Goal Achievement, Coaching and Counseling, Behavioral Change, Holistic Development, Personal Development Protocol

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### **1. INTRODUCTION**

Goal-setting is a fundamental component of professional practice across coaching, counseling, and health and wellness disciplines, serving as a critical mechanism for facilitating behavioral change, personal development, and measurable outcomes. Within these fields, structured goal-setting enables individuals to define objectives, monitor progress, and achieve desired transformations in both personal and professional contexts. Research has consistently demonstrated that clearly defined and structured goals improve performance, enhance motivation, and contribute to successful outcomes across a range of applied settings (Ogbeiw, 2020; Angeli et al., 2021). In therapeutic and developmental environments, goal-setting further plays a central role in guiding intervention strategies and aligning practitioner-client collaboration toward meaningful change (Prescott et al., 2018).

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Despite their widespread application, traditional goal-setting models have several limitations that limit their effectiveness in complex, real-world scenarios. Frameworks such as linear or outcome-focused models often prioritize goal clarity and measurability while neglecting broader considerations, including long-term sustainability, environmental context, and support systems. As noted in previous studies, many conventional approaches fail to address the dynamic and interconnected nature of human behavior, resulting in goals that may be achievable in the short term but difficult to sustain over time (Day & Tosey, 2011). Furthermore, limited attention to environmental and social impacts can lead to unintended consequences, in which individual goal pursuit may conflict with family dynamics, workplace demands, or broader societal considerations. The growing emphasis on sustainable development and holistic well-being underscores the need for goal-setting frameworks that extend beyond individual achievement to encompass alignment with context and the environment (Reimers, 2024; Rocchi et al., 2022).

In response to these challenges, there has been a notable shift toward the development of more structured and integrative coaching frameworks that incorporate multidimensional perspectives on goal achievement. Contemporary approaches increasingly emphasize adaptability, sustainability, and systemic thinking, recognizing that successful outcomes depend not only on individual effort but also on contextual factors and ongoing support mechanisms (Cullen et al., 2023; Li et al., 2023). These evolving frameworks seek to bridge the gap between theoretical models and practical application by offering structured yet flexible methodologies that can be implemented across diverse professional settings.

The Open G.A.T.E.S Model emerges within this context as a structured protocol designed to address the limitations of traditional goal-setting approaches. Developed by Leslie Bereiter and Nicholas Bereiter, the model is grounded in five essential components: Goals, Achievability, Timeframe, Environmental Impact, and Support and Sustainability. The protocol provides a systematic process for individuals to clarify their objectives, assess feasibility, establish realistic timelines, evaluate the broader impact of their goals, and ensure long-term sustainability through appropriate support systems. By integrating these components into a cohesive framework, the Open G.A.T.E.S Model offers a holistic and practical approach to goal achievement that aligns personal aspirations with environmental and social considerations.

The purpose of this paper is twofold. First, it seeks to develop and expand the Open G.A.T.E.S Model into a comprehensive, structured protocol suitable for academic and professional applications. Second, it aims to demonstrate the practical implementation of the model within coaching and counseling practice, highlighting its effectiveness as a tool for facilitating sustainable goal achievement. Through this expansion, the study positions the Open G.A.T.E.S Model as a scalable and adaptable framework capable of enhancing client outcomes across a range of behavioral, therapeutic, and wellness-oriented contexts.

## **2. CONCEPTUAL FOUNDATION OF THE OPEN G.A.T.E.S MODEL**

### **2.1 Origin of the Protocol**

The Open G.A.T.E.S Model was developed by Leslie Bereiter and Nicholas Bereiter as a structured framework to enhance goal achievement in coaching, counseling, and holistic health practices. Rooted in their professional experience working with clients across diverse personal and developmental contexts, the protocol was designed to address common challenges in goal-setting, including a lack of clarity, unrealistic expectations, poor time management, and limited long-term sustainability.

As outlined in the foundational protocol document, the model organizes goal achievement into five essential components: Goals, Achievability, Timeframe, Environmental Impact, and Support and Sustainability. These elements are intended to guide individuals through a systematic and reflective process that moves beyond traditional goal-setting approaches by incorporating both internal motivations and external contextual factors.

The development of the Open G.A.T.E.S Model reflects a growing need for structured yet adaptable frameworks in professional practice. Similar to emerging interdisciplinary models that emphasize structured engagement and openness in system design (Jansen et al., 2012), the Bereiter protocol offers a flexible yet comprehensive approach that can be applied across multiple domains of human development.

### **2.2 Theoretical Grounding**

The Open G.A.T.E.S Model is conceptually grounded in established theories of goal-setting, behavioral change, and holistic wellness. These theoretical foundations provide a framework for understanding how structured goal processes can improve individual outcomes while ensuring sustainability and contextual alignment.

#### **2.2.1 Goal-Setting Theory**

Goal-setting theory emphasizes the importance of clarity, specificity, and commitment in achieving desired outcomes. Traditional frameworks have demonstrated that clearly defined goals enhance performance and motivation; however, more recent

perspectives argue for expanded models that incorporate adaptability and contextual awareness (Day & Tosey, 2011; Ogbeiwi, 2020).

The Open G.A.T.E.S Model builds upon these principles by not only encouraging goal identification but also requiring individuals to explore the underlying reasons behind their aspirations, thereby strengthening intrinsic motivation and long-term engagement.

### **2.2.2 Behavioral Change Models**

Behavioral change models highlight the processes by which individuals initiate, maintain, and sustain new behaviors. In fields such as rehabilitation and therapeutic practice, structured goal-setting has been shown to improve outcomes when combined with ongoing evaluation and adjustment (Angeli et al., 2021; Prescott et al., 2018).

The Open G.A.T.E.S framework aligns with these models by incorporating sequential steps that guide individuals through assessment, planning, and sustainability. Its emphasis on achievability and support systems reflects key behavioral principles, such as self-efficacy, reinforcement, and environmental influences.

### **2.2.3 Holistic Wellness Approaches**

Holistic wellness approaches recognize that individual goals are interconnected with broader social, environmental, and systemic factors. Contemporary research on sustainable development highlights the importance of aligning individual actions with wider societal and environmental outcomes (Reimers, 2024; Li et al., 2023).

The Open G.A.T.E.S Model integrates this perspective by focusing on environmental impact and sustainability, encouraging individuals to consider how their goals affect not only personal outcomes but also their immediate surroundings and the wider community.

## **2.3 Core Components of the Open G.A.T.E.S Model**

The Open G.A.T.E.S Model is structured around five interconnected components that form a sequential and reflective process for goal achievement. Each component plays a critical role in ensuring that goals are meaningful, realistic, and sustainable.

### **2.3.1 Goals**

The first component involves identifying and clarifying goals. Clients are encouraged to articulate what they aim to achieve and to understand the underlying motivations driving their aspirations. This process enhances clarity, direction, and commitment, forming the foundation for all subsequent steps.

### **2.3.2 Achievability**

Following goal identification, the model requires an assessment of achievability. This involves evaluating whether the goals are realistic and attainable within the individual's current context, or whether they are overly abstract or impractical. By addressing feasibility early in the process, the model reduces the likelihood of frustration and disengagement.

### **2.3.3 Timeframe**

The third component focuses on establishing a practical timeframe for achieving the identified goals. Clients are guided to determine whether their goals are long-term or time-sensitive, and to develop a structured implementation schedule. This promotes accountability and ensures that progress is measurable over time.

### **2.3.4 Environmental Impact**

A distinguishing feature of the Open G.A.T.E.S Model is its emphasis on environmental impact. This component requires individuals to consider how their goals and actions influence their immediate surroundings, including family, work, and community, as well as the broader social environment. This perspective promotes ethical alignment and responsible decision-making.

### **2.3.5 Support and Sustainability**

The final component addresses the long-term sustainability of goals. Clients are encouraged to evaluate whether their goals are intended to be maintained over time or serve as stepping stones toward larger objectives. Additionally, they assess the availability of support systems necessary to sustain progress and preserve outcomes. This ensures that goal achievement extends beyond short-term success to long-term impact.

**Table 1: Components of the Open G.A.T.E.S Model**

<b>Component</b>	<b>Description</b>	<b>Practical Application</b>
Goals	Defines clear objectives	Enhances clarity and direction
Achievability	Evaluates feasibility	Prevents unrealistic expectations
Timeframe	Establishes timeline	Encourages accountability
Environmental Impact	Considers social/contextual effects	Promotes ethical alignment
Support & Sustainability	Ensures long-term success	Maintains progress

### **3. METHODOLOGICAL APPLICATION OF THE PROTOCOL**

The Open G.A.T.E.S Model provides a structured, sequential framework for goal achievement, guiding clients through a comprehensive process that integrates clarity, feasibility, contextual awareness, and long-term sustainability. Rooted in practical counseling application, the protocol translates conceptual goal-setting principles into actionable steps that can be systematically implemented across coaching, therapy, and personal development settings. Structured approaches to goal-setting have been shown to improve clarity, engagement, and outcomes when applied consistently within professional practice (Angeli et al., 2021; Prescott et al., 2018).

The methodology of the Open G.A.T.E.S Model follows a five-step progression, with each stage building upon the previous one to ensure a logical and effective pathway toward sustainable goal achievement.

#### **Step-by-Step Implementation of the G.A.T.E.S Framework**

##### **Step 1: Goal Identification (G – Goals)**

The first stage of the protocol focuses on identifying and clearly defining the client’s goals. Clients are encouraged to articulate what they want to achieve while also exploring the underlying motivations behind these aspirations. This process emphasizes both clarity and intentionality, ensuring that goals are meaningful and aligned with the individual’s personal values.

Key elements of this stage include:

- Defining specific and clearly articulated objectives
- Identifying intrinsic and extrinsic motivations
- Establishing personal relevance and purpose

This foundational step aligns with established goal-setting frameworks, which highlight the importance of clarity and specificity in enhancing performance and commitment (Day & Tosey, 2011; Ogbewi, 2020).

##### **Step 2: Feasibility Assessment (A – Achievability)**

Following goal identification, the protocol evaluates the achievability of the stated objectives. Clients are guided to assess whether their goals are realistic, given their current circumstances or require modification to become attainable. This stage prevents pursuing overly abstract or impractical goals, which can hinder progress and reduce motivation.

Key considerations include:

- Assessing available resources and constraints
- Identifying potential barriers
- Adjusting goals to align with real-world conditions

The inclusion of a feasibility assessment aligns with broader frameworks that emphasise structured evaluation in goal planning to ensure realistic, achievable outcomes (Cullen et al., 2023).

### **Step 3: Time Structuring (T – Timeframe)**

The third stage introduces a temporal dimension to goal achievement by establishing a structured and realistic timeframe. Clients are encouraged to determine whether their goals are short-term, long-term, or time-sensitive, and to set practical deadlines accordingly.

Core components of this stage include:

- Defining timelines and milestones
- Differentiating between immediate and long-term goals
- Creating accountability through time-bound planning

Time structuring enhances commitment and progress tracking, reinforcing findings that structured timelines significantly improve goal attainment outcomes (Ogbeiwi, 2020).

### **Step 4: Environmental Alignment (E – Environmental Impact)**

A distinguishing feature of the Open G.A.T.E.S Model is its emphasis on environmental impact. This stage requires clients to evaluate how their goals interact with their broader environment, including family, workplace, community, and society at large.

Key aspects include:

- Assessing the impact of goals on immediate relationships (family, children, colleagues)
- Evaluating broader societal and community implications
- Ensuring ethical and contextual alignment

This holistic perspective aligns with contemporary approaches that integrate sustainability and social awareness into goal-setting processes, reflecting the growing importance of environmental and contextual considerations in long-term development frameworks (Reimers, 2024; Rocchi et al., 2022).

### **Step 5: Sustainability Planning (S – Support and Sustainability)**

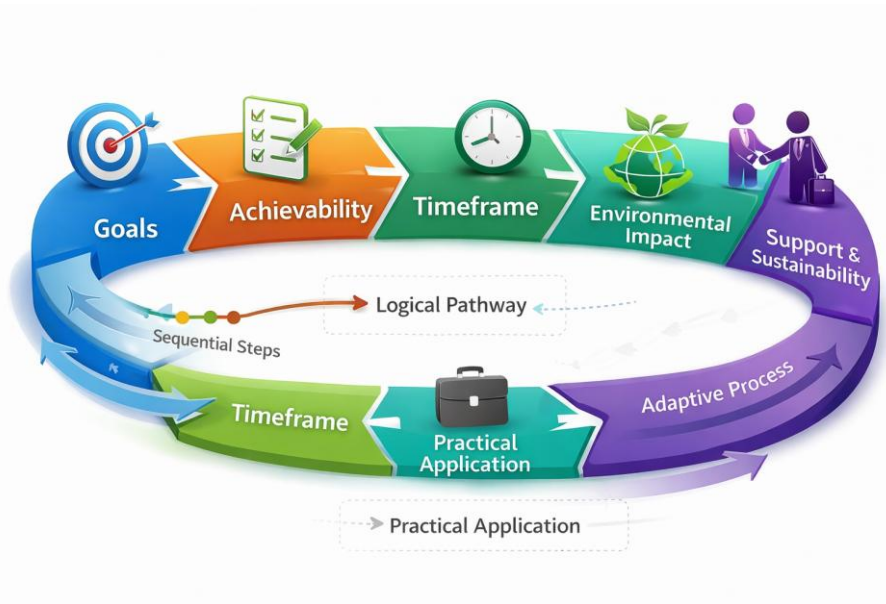
The final stage focuses on ensuring that goal achievement is not only attained but also maintained over time. Clients are guided to determine whether their goals represent long-term commitments or transitional steps toward larger objectives. Additionally, emphasis is placed on identifying and strengthening support systems necessary for sustained progress.

Key elements include:

- Identifying support networks (family, mentors, professionals)
- Developing strategies for long-term maintenance
- Ensuring adaptability and resilience over time

This stage reinforces the importance of sustainability in behavioral change, aligning with broader research that highlights the role of systemic support and long-term planning in achieving enduring outcomes (Li et al., 2023; Sukiyono et al., 2024).

**Figure 1: Open G.A.T.E.S Framework Flow Model**



### **Application in Professional Practice**

The Open G.A.T.E.S Model is designed for direct application within coaching and therapeutic environments. Practitioners including life coaches, counselors, and therapists—use the framework as a structured intervention tool to guide clients through goal-setting and achievement.

In practice, the protocol is applied through:

- Guided client sessions focused on each G.A.T.E.S component.
- Structured discussions and reflective exercises
- Continuous monitoring and adjustment of goals
- Integration into ongoing coaching or therapy programs

This structured approach enhances both practitioner effectiveness and client engagement, contributing to improved clarity, accountability, and measurable outcomes (Angeli et al., 2021).

### **Adaptability Across Practice Domains**

A key strength of the Open G.A.T.E.S Model is its adaptability across various professional and developmental contexts. The framework is not limited to a single discipline but can be effectively applied in multiple settings, including:

- a. Life Coaching**
  - Personal goal setting and achievement
  - Career and lifestyle development
  - Accountability and performance tracking
- b. Therapy and Counseling**
  - Behavioral change interventions
  - Rehabilitation and recovery planning
  - Emotional and psychological goal alignment
- c. Personal Development Programs**
  - Self-improvement initiatives
  - Educational and skill development
  - Long-term life planning

The model's versatility reflects its foundation in universal goal-setting principles, while incorporating additional layers of sustainability and environmental awareness. This adaptability positions the Open G.A.T.E.S Model as a scalable and practical framework capable of addressing diverse client needs across professional domains.

#### **4. CASE STUDY AND OUTCOME ANALYSIS**

##### **4.1 Description of the Case Study**

To evaluate the practical effectiveness of the Open G.A.T.E.S Model, the protocol was implemented with a diverse group of 12 private practice professionals, including life coaches, therapists, and counselors. These practitioners integrated the framework into their existing client engagement processes, applying its structured components: Goals, Achievability, Timeframe, Environmental Impact, and Support and Sustainability within real-world coaching and counseling contexts.

The application of the protocol extended to approximately 1,600 clients, representing a broad spectrum of personal development needs, behavioral goals, and lifestyle changes. Practitioners guided clients through a systematic process beginning with goal identification, followed by feasibility assessment, time structuring, environmental alignment, and long-term sustainability planning, consistent with the original design of the Open G.A.T.E.S Program. This structured and sequential approach reflects established practices in goal-setting interventions, where clarity, feasibility, and contextual alignment are critical determinants of success (Angeli et al., 2021; Prescott et al., 2018).

##### **4.2 Reported Outcomes**

Findings from the implementation of the Open G.A.T.E.S Model indicated a reported success rate of approximately 90% in goal achievement among participating clients. Success, in this context, was defined by the attainment of clearly articulated goals within the established timeframe and the ability to sustain progress beyond the initial intervention phase.

In addition to quantitative outcomes, practitioners reported consistent qualitative improvements, including enhanced client clarity, increased motivation, improved accountability, and stronger alignment between personal goals and environmental factors. These outcomes are consistent with broader research suggesting that structured, context-aware goal-setting frameworks significantly improve engagement and performance (Day & Tosey, 2011; Ogbeiw, 2020).

##### **4.3 Interpretation of Results**

The observed effectiveness of the Open G.A.T.E.S Model can be attributed to its integrative and structured design, which extends beyond traditional goal-setting frameworks by incorporating both behavioral and contextual dimensions. Unlike conventional models that primarily focus on goal specificity and measurability, the Open G.A.T.E.S framework emphasizes achievability, environmental awareness, and sustainability as central components of the goal attainment process.

One key factor contributing to the model's success is its emphasis on achievability, which ensures that goals are grounded in realistic conditions, thereby reducing the likelihood of disengagement due to overly ambitious or abstract objectives. Additionally, incorporating a timeframe as a structured component enhances accountability and supports incremental progress, aligning with established findings in the behavioral change literature (Prescott et al., 2018).

The inclusion of environmental impact further distinguishes the model by encouraging individuals to consider how their goals interact with their social and professional contexts. This holistic perspective aligns with contemporary approaches to sustainable development and systemic goal achievement, which recognize the interconnectedness of individual actions and broader societal outcomes (Reimers, 2024; Rocchi et al., 2022).

Finally, the focus on support and sustainability ensures that goal achievement is not viewed as a one-time outcome but as a continuous process. By integrating support systems and long-term maintenance strategies, the model addresses a critical gap in many traditional frameworks, which often lack mechanisms to sustain behavioral change over time (Li et al., 2023).

##### **4.4 Behavioral and Structural Advantages**

The Open G.A.T.E.S Model demonstrates several behavioral and structural advantages that contribute to its effectiveness in practice. Behaviorally, the model promotes increased self-awareness, motivation, and accountability by guiding clients through a structured, reflective process. Structurally, it provides practitioners with a clear, replicable framework that can be adapted across domains such as coaching, therapy, and personal development programs.

Moreover, the sequential nature of the framework, progressing from goal identification to sustainability planning, ensures logical coherence and practical usability. This aligns with established structured frameworks in professional practice, where stepwise progression enhances both practitioner consistency and client outcomes (Cullen et al., 2023).

**4.5 Limitations**

Despite the promising outcomes associated with the Open G.A.T.E.S Model, several limitations should be acknowledged. First, the findings are based on observational data collected from practitioners’ real-world applications rather than a controlled experimental design. As such, the reported success rate may be influenced by practitioner expertise, client variability, and uncontrolled contextual factors.

Second, the absence of standardized measurement tools and control groups limits the ability to establish causal relationships between the model’s implementation and observed outcomes. While the results are encouraging, further empirical research is needed to validate the protocol’s effectiveness across different populations and settings.

Future studies should employ more rigorous research methodologies, including randomized controlled trials and longitudinal analyses, to strengthen the evidence base and enhance the generalizability of findings.

**Table 2: Comparative Analysis with Traditional Goal-Setting Models**

<b>Feature</b>	<b>G.A.T.E.S Model</b>	<b>Traditional Models (e.g., SMART)</b>
Holistic approach	Yes	Limited
Environmental consideration	Strong	Minimal
Sustainability focus	High	Moderate
Practical adaptability	High	Moderate
Support system integration	Core component	Often absent

**5. DISCUSSION AND CONCLUSION**

**DISCUSSION**

The Open G.A.T.E.S Model represents a structured, holistic advancement in goal-setting methodologies across coaching, counseling, and health and wellness practices. Grounded in five essential components: Goals, Achievability, Timeframe, Environmental Impact, and Support and Sustainability, the protocol provides a comprehensive framework that extends beyond traditional goal-setting approaches by integrating feasibility, contextual awareness, and long-term sustainability into a unified system. This multidimensional structure directly addresses limitations identified in earlier goal-setting frameworks, which often emphasize clarity and measurability but lack sufficient consideration for environmental and sustainability factors (Day & Tosey, 2011; Ogbeiwi, 2020). A key contribution of the Open G.A.T.E.S Model lies in its sequential and integrative design, which guides individuals through a logical progression from goal identification to long-term maintenance. Unlike conventional models that prioritize short-term outcomes, this protocol emphasizes sustainability and the broader implications of goal pursuit. The inclusion of *environmental impact* as a core component is particularly noteworthy, as it aligns individual goal-setting processes with social, familial, and community contexts. This reflects a growing emphasis in contemporary research on aligning individual outcomes with broader sustainable development objectives (Reimers, 2024; Rocchi et al., 2022).

Furthermore, the model’s emphasis on support and sustainability reinforces the importance of long-term behavioral change and continuous progress. This aligns with established findings in behavioral science and rehabilitation frameworks, where sustained outcomes are often dependent on structured support systems and adaptive strategies (Angeli et al., 2021; Prescott et al., 2018). By encouraging individuals to evaluate their support networks and the longevity of their goals, the Open G.A.T.E.S Model enhances both accountability and resilience in goal achievement processes.

The reported application of the protocol across twelve professionals and approximately 1,600 clients, with a 90% success rate, further underscores its practical effectiveness. While these outcomes are observational, they suggest that structured, holistic frameworks may significantly improve goal attainment compared to less comprehensive approaches. Similar trends have been observed in structured goal-setting systems across diverse professional domains, where clearly defined processes and contextual alignment contribute to improved outcomes (Cullen et al., 2023).

Compared with traditional models such as SMART goal-setting, the Open G.A.T.E.S Model offers several distinct advantages. It adopts a holistic perspective, incorporates environmental and ethical considerations, and emphasizes sustainability and support

systems. These features enhance its adaptability across multiple disciplines, including life coaching, therapeutic interventions, and wellness programs, thereby increasing its relevance in contemporary practice.

## Implications for Practice

### i. Coaching Practice

For professional coaches, the Open G.A.T.E.S Model provides a structured yet flexible framework that enhances client engagement and outcome consistency. By guiding clients through a step-by-step process that integrates feasibility and sustainability, coaches can facilitate more meaningful and lasting transformations. The model also strengthens accountability by linking goals to timelines and support systems.

### ii. Counseling Frameworks

Within counseling contexts, the protocol supports a more comprehensive understanding of client goals by incorporating environmental and relational dynamics. This aligns with holistic counseling approaches that recognize the interconnected nature of individual behavior and external influences. The model's structured nature also helps practitioners maintain consistency across sessions while adapting to individual client needs.

### iii. Health and Wellness Programs

In health and wellness settings, the Open G.A.T.E.S Model offers a practical tool for promoting long-term behavioral change. By emphasizing sustainability and environmental impact, the protocol supports lifestyle modifications that are not only achievable but also maintainable over time. This is particularly relevant in preventive health and rehabilitation programs, where sustained outcomes are critical.

## Practical Benefits of the Model

The Open G.A.T.E.S Model offers several practical advantages that enhance its usability and effectiveness:

- **Structured Goal Achievement:**  
The step-by-step framework ensures clarity, organization, and logical progression, reducing ambiguity in the goal-setting process.
- **Long-Term Sustainability:**  
By incorporating support systems and sustainability considerations, the model promotes lasting behavioral change rather than short-term success.
- **Real-World Applicability:**  
The protocol is adaptable across various professional settings, making it a versatile tool for coaches, counselors, and wellness practitioners.

## Recommendations for Future Research

While the Open G.A.T.E.S Model demonstrates strong practical potential, further research is necessary to strengthen its empirical foundation. Future studies should focus on:

- **Larger empirical investigations** involving diverse populations to validate the effectiveness of the model across different contexts
- **Controlled experimental designs** to compare outcomes with traditional goal-setting frameworks
- **Cross-industry applications**, exploring the model's relevance in areas such as education, organizational development, and public health

Expanding research in these areas will deepen understanding of the model's scalability and long-term impact, particularly in relation to broader sustainability goals and behavioral outcomes (Li et al., 2023; Sukiyono et al., 2024).

## CONCLUSION

The Open G.A.T.E.S Model represents a significant contribution to the field of goal-setting by offering a structured, holistic, and sustainability-focused protocol for achieving meaningful outcomes. By integrating goal clarity, feasibility assessment, time structuring, environmental awareness, and long-term support, the model addresses critical gaps in traditional frameworks and provides a comprehensive approach to personal and professional development.

Its demonstrated applicability across coaching, counseling, and wellness practices highlights its versatility and practical value. Moreover, its emphasis on sustainability and environmental alignment positions it as a forward-thinking model that supports both individual success and broader societal well-being.

As demand for effective, sustainable goal-setting frameworks continues to grow, the Open G.A.T.E.S Model stands as a scalable, impactful approach with the potential to influence practice across multiple disciplines. With further empirical validation and cross-sector application, it may serve as a foundational framework for future developments in structured goal achievement and holistic behavioral change.

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