



## GOAL SETTING

### **WHY IS IT IMPORTANT TO SET GOALS?**

- Helps you to organise and structure your time
- Helps you to take control of your life and your pain
- Gives you a challenge
- Helps you to feel a sense of achievement, pride and satisfaction

### **PREPARING**

Your goal needs to be meaningful to you at this time of your life. It is not what someone else thinks will be good for you!

It will always involve a behavioural change and will need some planning to be achieved. Before taking on a major goal, research it thoroughly. This will help you to be realistic about the steps involved and the time it may take.

Working towards a goal involves changing habits and frequently different thought processes. It can take an average of 66 days to establish a new habit so bear this in mind when you perhaps feel disheartened or frustrated with your progress.

Part of the planning process will involve allowing for setbacks, working out what may get in the way and what your response to this will be.

### **USING SMART TO SET YOUR GOAL**

- S** Specific: do you know exactly what the goal is?  
**M** Measurable: how will you know when you've got there?  
**A** Achievable: can the task actually be carried out?  
**R** Realistic & Relevant: what can you do now? Is it important?  
**T** Timely: how long will it take to achieve the goal?

Write your goal down and tell others about it. Choose those who will support your plans and help when you have setbacks.

When setbacks arise you may need to adapt, modify or problem solve the steps you broke your goal down into. Do not be afraid to ask others for help with this or do some online investigation to find possible solutions.

Remember, your goal should make you feel excited and motivated; you need to feel strongly about it. Use online goal setting charts, reminders on your phone to prompt you to take the necessary steps or handwritten notes to encourage and remind you what you need to do each day.

### **WHAT MAKES A GOAL SMART?**

A poor goal would be one that is vague, focussing on the end rather than describing the steps that are necessary to make that goal achievable.

POOR goal: I want to get fitter and lose weight.



SMART goal:

**Creating a SMART action plan**

- **SMART Goal**
- I would like to be able to use the internet to help look for jobs within 2 months.
- **What can I do now?:** I have a computer and internet access but do not know how to use the internet.
- **Date to be achieved by:** 2 months

<b>SMART Goal</b>	I would like to be able to use the internet to help look for jobs within 2 months.	
<b>What can I do now?</b>	I have a computer and internet access but do not know how to use the internet.	
<b>Date to be reviewed by</b>	2 months	
<b>What needs to be done to achieve this goal?</b>		
	<b>Task</b>	<b>Aim to be done by</b>
	Decide I will learn to use the internet by doing a course and asking my family and using self help books.	Today
	Find out about local courses	This week.
	Register on course	Within 2 weeks.
	Review my plan (When does the course start? Is it free or how much will it cost me?)	Within 2 weeks.
	Attend the course and continue with practice at home. Continue asking family for help. Have started using the internet for basic searches.	Up to 6 weeks
	Be searching for job on line	8 weeks
	Review plan and consider adding more specific goals.	2 months