



## Week 4: Doing things that matter to you

### 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.

#### ACHIEVING YOUR GOAL

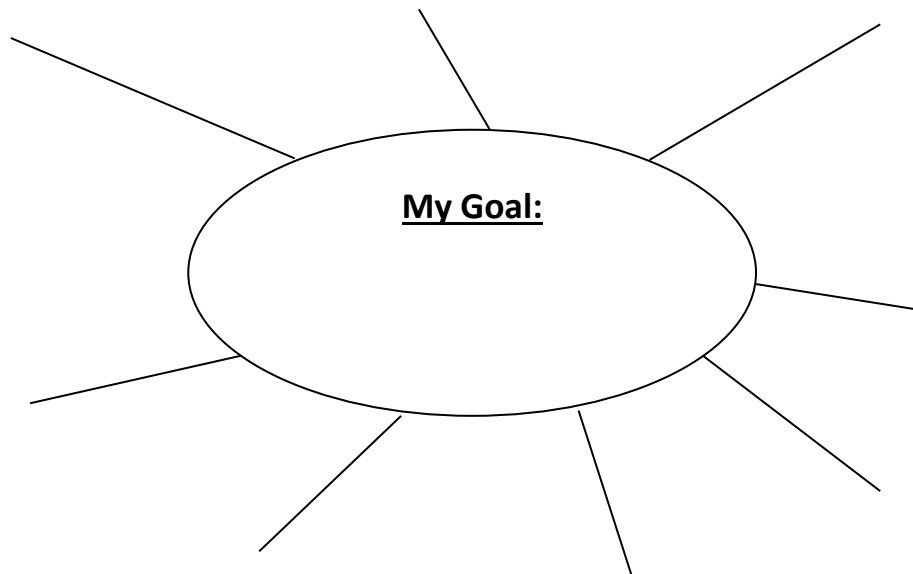


Is the goal flexible enough and what can get in the way?

- Impaired health, eg acute sickness
- Unforeseen factors, eg bad weather
- Too many other things going on, leaving little time to focus on the goal
- More planning required
- Not being fully aware of what needs to be done or why
- Not really something you want to do
- High expectations

Leaving it all to the last minute

Use this spider diagram to help you brainstorm the problems/actions that you need to consider to help you work towards your goal:



**SMART Goal Action Plan**



<b>My SMART Goal</b> (e.g. see a film at the cinema in 3 months)		
<b>Where am I now?</b> (What can I do currently?)		
<b>Main steps</b> (e.g. ↑sitting tolerance, practice posture change in other social situations, etc.)		
<b>Date to review by:</b>		
<b>Action plan</b>		
<b>Step</b>	<b>Task</b>	<b>Aim to be done by</b>
1		
2		
3		
4		
5		
6		
7		
8		

