

Goal Setting

GOALS AND GOAL SETTING



- ❖ Now we know how to avoid the pitfalls of overdoing or avoiding activities
- ❖ Now we need to consider what activities we would like to be doing again, doing more of or introducing as a new activity into our daily routines
- ❖ Remember the 3Ps and our pacing card/tolerance workshop.

What is a “goal”?

- A goal is a target you would like to achieve.
- Goals provide a sense of pleasure and achievement – think about what you value
- Achieving a goal helps boost your confidence and self-esteem
- Goals CAN CHANGE i.e. you could split it into smaller bits and grade it up slowly, or you might change your mind as time goes on.

How do I begin?

Thinking back over the last month or so:

- Are there changes you would like to make?
- Are there any activities you would like to do more easily or more often?
- Are there any activities you would like to be able to do again?
- Are there any new activities you would like to try?

If so, the following principles can help you set achievable goals.

Basic Principles of Goal Setting



To start off, consider an activity you find difficult but not impossible, one you would like to manage more easily

Your goal needs to be:

- **S**pecific (what, when, how)
- **M**eaningful (purposeful for you, a valued activity)
- **A**chievable (use common sense, don't aim too high)
- **R**ealistic (within your resources like time, finances)
- **T**ime related (start date, frequency)

Things to initially consider:

- What is stopping you achieving the goal at the moment/any barriers? – group activity
- How can these obstacles be solved? – group activity
- What steps do you need to take to achieve your goal? Use Values based goal sheet
- Keep breaking the goal down until it feels manageable for you - Use graded goal sheet if needed

E.g., Initial goal may be to do more housework, specific goal may be to clean the kitchen within 2 weeks, and a smaller(subgoal) may be to clean a cupboard a day for next 2 weeks until goal is complete

Values Based Goals

Goal(s): Please write down a goal or goals that are important to you. For each goal consider rating now your **current performance of your goal and level of satisfaction** : 1 = not satisfied 10 = very satisfied. Please circle your rating e.g

Performance	1 2 3 4 5 6 7 8 9 10
Satisfaction	1 2 3 4 5 6 7 8 9 10

Goal:

Performance	1 2 3 4 5 6 7 8 9 10
Satisfaction	1 2 3 4 5 6 7 8 9 10

Goal:

Performance	1 2 3 4 5 6 7 8 9 10
Satisfaction	1 2 3 4 5 6 7 8 9 10

Barriers/obstacles to achievement or change:	Solutions to these barriers/obstacles:

What would I gain by setting myself goals ?

How am I going to achieve my goals?

Achievements so far:

3 MONTHLY REVIEW

Now consider rating again after working on your goal(s):

- 1.
- 2.
- 3.

i. Performance	1 2 3 4 5 6 7 8 9 10
ii. Satisfaction	1 2 3 4 5 6 7 8 9 10

Setting a SMART Goal and Sub Goals

Long Term Goal	Is it a SMART goal	Sub Goals	Progress Notes
I will walk the dog for 10 minutes 3 x a week within 5 weeks	Specific –walking the dog	<u>Week 1</u> Walk 1.5 minutes 3x week	
	Measurable – in minutes	<u>Week 2</u> Walk 3 minutes 3x week	
	Achievable – broken down into small steps	<u>Week 3</u> Walk 5 minutes 3x week	
	Realistic – I will be safe; I have a good baseline	<u>Week 4</u> Walk 8 minutes 3x week	
	Timed/Timely – minutes/weeks and days	<u>Week 5</u> Walk 10 minutes 3x week	

STRATEGIES THAT MAY HELP

- Remember I need to get back
- Partner holds dog lead initially
- Partner may go further than me – this is ok
- Adjust the weeks to suit me
- If I have a pain flare, illness or set back; grade my walking again in this way
- Reward myself

Reward achievements

- As you progress through your goal or subgoals, reward your achievements no matter how small.
- This will motivate and reinforce your progress.
- Choose a variety of rewards, things that you enjoy that you appreciate:
 - A bubble bath
 - Relaxation/Mindfulness
 - Listening to music
 - Phoning a friend
 - A special meal
 - *Any more from group discussion*

Keep on track

- Reward yourself
- Visualise the end result
- Stick with it, work slowly and steadily
- If there is a setback, go to a more achievable subgoal or ...
-review your level of pacing (increase or decrease as needed)
- Be realistic
- Review your progress regularly
- Get encouragement from family and friends or let others know what you are doing

Summary

- Work to your baselines/tolerance levels for basic activities e.g., sitting, walking and standing.
- Stick to these time limits/reps or distances on both good and 'not so good' days
- Gradually increase these baselines in a planned manner
- USE THE 3Ps PRINCIPLE TO GUIDE YOU.....
- **PRIORITISE** activities to avoid overdoing
- **PLAN** what you are going to do, when you are going to do it and how you're going to do it
- Use the SMART principles to guide you
- Break the activity into small achievable stages, taking regular rest breaks - **PACE**

REMEMBER:

- **Pacing helps you achieve a regular level of activity on good and 'not so good' days**
- **Goals are there to help you achieve the changes you want to make in line with your values.**