

# Goal Setting

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## GOALS AND GOAL SETTING

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- ❖ 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.

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## What is a “goal”?

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- 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?

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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:

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- 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:

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## 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	<b>Specific</b> –walking the dog  <b>Measurable</b> – in minutes  <b>Achievable</b> – broken down into small steps  <b>Realistic</b> – I will be safe; I have a good baseline  <b>Timed/Timely</b> – minutes/weeks and days	<u>Week 1</u>  Walk 1.5 minutes 3x week <u>Week 2</u>  Walk 3 minutes 3x week <u>Week 3</u>  Walk 5 minutes 3x week <u>Week 4</u>  Walk 8 minutes 3x week <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

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- 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*

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## Keep on track

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- 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**

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## **REMEMBER:**

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- **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.**