

Goal Setting

It can be very difficult during these uncertain times to keep motivated. Setting ourselves small goals or tasks to achieve can be very helpful in providing something to look forward to, a distraction from what is outside of our control and can give us a sense of achievement.

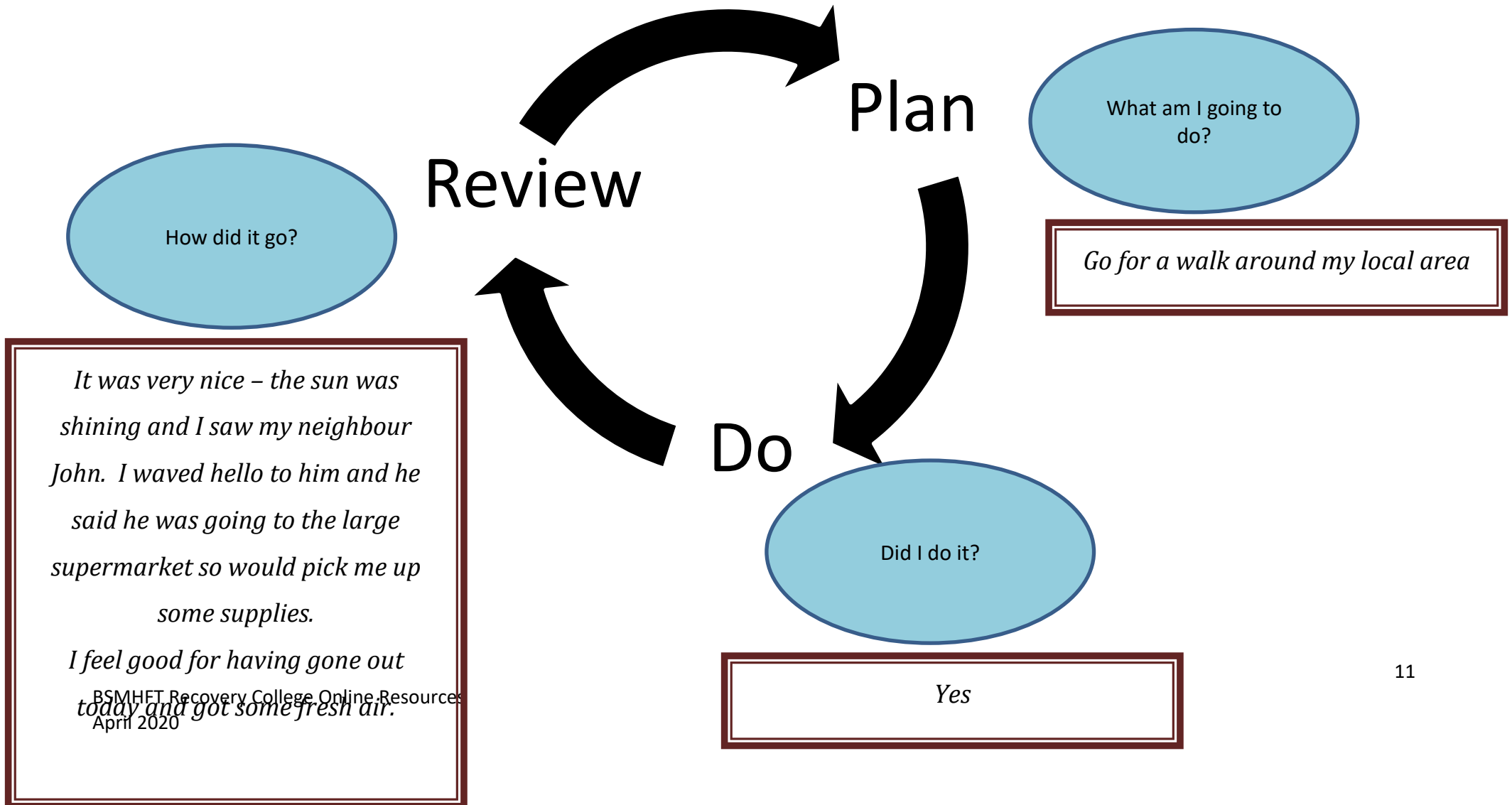
If you have never set goals before, it is helpful to think about what you would like to achieve and then using the steps below to break this down. One helpful model is call SMART goals:

Example:

SPECIFIC	What	<i>Go for a walk</i>
MEASURABLE	When will I do it by?	<i>Before 5pm</i>
ACHIEVABLE / ATTAINABLE	Can I do this?	<i>Yes – I can follow a route around my local area</i>
RELEVANT	Does this help me get to where I want to be?	<i>Yes – I want to maintain my activity levels</i>
TIMELY	How will I know I when I have done it?	<i>I have set myself a time to do it by today</i>



Another helpful model is 'Plan, Do and Review': Example





Goal setting worksheet – using both SMART goals and Plan Do and Review. Use this worksheet to think about your own goals that are important to you:

What am I going to do? <i>Is my goal SMART: specific, measureable, attainable, relevant and timely?</i>	Did I do it? <i>(Yes, No, Partly)</i>	How did it go? <i>What went well, what didn't go so well, what would I do differently next time?</i>