

## **Goal Setting**

Goals can bring direction to your life. Completing a goal, however small, can give you a sense of achievement and encouragement to do more. Goals are often focused on things we want to achieve and/or things we enjoy. Setting goals can help you keep focused and motivated. When setting goals it is useful to keep them:

- Specific The goal should make it clear what you want to accomplish eg. Walk up the hill near my house without stopping
- Measurable Identify a way to measure and track progress toward the goal eg. Increase the number of lampposts I walk to each week
- Attainable Choosing very hard goals sets you up for failure so make them easy and realistic eg. If you are not currently active, a better goal should be to walk up your local hill without stopping rather than run all the way up.

- Relevant Make goals relevant to important things in your life. For instance, walking up the hill from your house may help you visit your family and friends more often if they live at the top of the hill.
- Time-framed Think about how frequently and for how long you will do the activity. For instance, you might start by aiming to walk for 20 minutes on the days you go to the local shop.

In order to decide which goal to choose, it is useful to ask yourself:

**How important is your goal?** On a scale of 1-10. Not important 0 to very important 10. Then reflect on why you choose this number and not a lower or higher one?

How confident are you about achieving your goal? Not confident 0 to very confident 10. Then reflect on why you choose this number and not a lower or higher one?

My Goals	Importance	Confidence

## How I am doing?

Here you can note down and reflect on how you are doing you could think about things like: Who or what is helping you? What might be getting in the way? What is your learning from any setbacks? What progress have you made? What are your next steps?

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