

Set yourself up for success by learning how to create goals



Beginning a new treatment gives the opportunity to reflect on where you are in your treatment journey and what you want to achieve. Whatever you are aiming for, setting yourself clear goals can help get you there.¹

Three key factors in achieving your goals



Motivation

- Having a clear end in sight can help propel you towards the finish line. Working towards something that is meaningful to you is the ultimate motivation.



Persistence

- Having clear goals that can be broken into smaller steps is a great way to track progress and hold yourself accountable.
- Recognising these small wins can help provide momentum along the way as smaller objectives are achieved.



Direction

- Having clear goals not only provides you with a sense of purpose, but can help you focus your efforts to the parts of your life that matter most to you.
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Make your goals SMART

Good goal setting means taking your own limits and needs into account, which will mean you'll be more likely to achieve the goals you set. A simple but effective way to set goals is to follow the **SMART** method: ¹

S

Specific

- General goals like “I want to be healthier” aren't clear enough to work on. Be specific when thinking about the next step you want to take.

M

Measurable

- Make your goal something you and others can observe. How will you know you are making progress toward it?

A

Achievable

- Something that is possible and realistic. It doesn't have to be easy; just make it doable.

R

Relevant

- Your goal should be something you really want that would make life better for you or others. Try to choose a positive change, such as something you want to increase, improve or strengthen.

T

Timely

- Keep your timeline realistic. Think about when you will start and attach specific dates to your goal.

For example, Zoe is motivated by spending time with her daughter, so one of her goals could be to plan a specific activity for them to do together. Zoe enjoys walking and this is also a great way to help with her symptoms. Finally, setting a defined date to go for a walk in the park with her daughter will tick every box of a **SMART** goal.



To go for a walk in the park with my daughter in the next month

To help her achieve her SMART goal, Zoe can set herself small milestones along the way. She can walk further distances every day to build up to going on a long walk in the park with her daughter within the next month.

You can also share your goals with friends, loved ones and your healthcare team to get them on-board with your plan – or even incorporate them into your life like Zoe. Try this method for yourself and see what you can achieve!

Try using the goal setting template on the next page.



Goal setting template

Goal:
What is your goal, and is it short- or long-term? *short-term* *long-term*

Strategy:
How are you going to achieve it?

Advice from my doctor, nurse or pharmacist:

Action plan:
What steps do you need to complete?

Motivation: *Why does achieving this goal matter to you?*

Any barriers:
Is there anything that could stop you from achieving this goal? Have you asked for advice?

Start date:

Due date:



References: 1. Bovend'Eerd T, Botell R, Wade D. Writing SMART rehabilitation goals and achieving goal attainment scaling: a practical guide. *Clin Rehabil.* 2009;23(4):352-361. doi:10.1177/0269215508101741.

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