



**Discussion Topic:**  
**21<sup>st</sup>- 22<sup>nd</sup> June**  
**Goal setting**



# Where to start with goal setting ?

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- **1 – Identify your goals!**
  - *'What do I want to achieve?'*
  - **When setting personal goals, specificity is key.** For example, just challenging yourself to “do more work” is way too vague, as you’ve got no way of tracking your progress, and no endpoint. Simply put, if your goals aren’t quantifiable, achieving success can be challenging.
  - **SMART goals can be the answer, as you can break them down into five quantifiable factors – BUT for MANY this does not WORK and more about the service**



# *Make a plan for goal attainment*

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- Goal ladder
- **When you can measure goals, you can appreciate your progress, and this is so motivating!**
- **Involve family, friends and carers**
- *Motivation is key – if you're not intrinsically motivated, you'll have no incentive to push beyond generally accepted boundaries.*
- ***Review your goals regularly.***



# ?? SMART goals

- SMART goals tend to reflect disciplinary-specific or service-centred goals, versus personally meaningful goals
- Focus on 'realistic' and 'achievable' versus 'hope' and 'challenge'
- Specific to a discrete episode of care – frequently just a small part of your rehabilitation journey
- **DUMB goals also acronym which is coming into favour :**
- Dream Driven
- Uplifting
- Method Friendly
- Behaviour Triggered



## Challenging the principles of SMART

- S – Specific
- M – Measurable
- A – Achievable
- R – Realistic
- T – Timebound

Do goals need to be (A) achievable?

...or does progress towards a demanding goal (while not necessarily attaining it) bring about positive outcomes and help patients/clients become more involved in the process?

Do goals need to be (R) realistic?

...or do aspirational goals play an important part in sustaining motivation to keep striving and working at rehabilitation?

Do Goals need to be (T) timebound?

...or does a fixation on short term achievement impact negatively on long term recovery and adaptation?

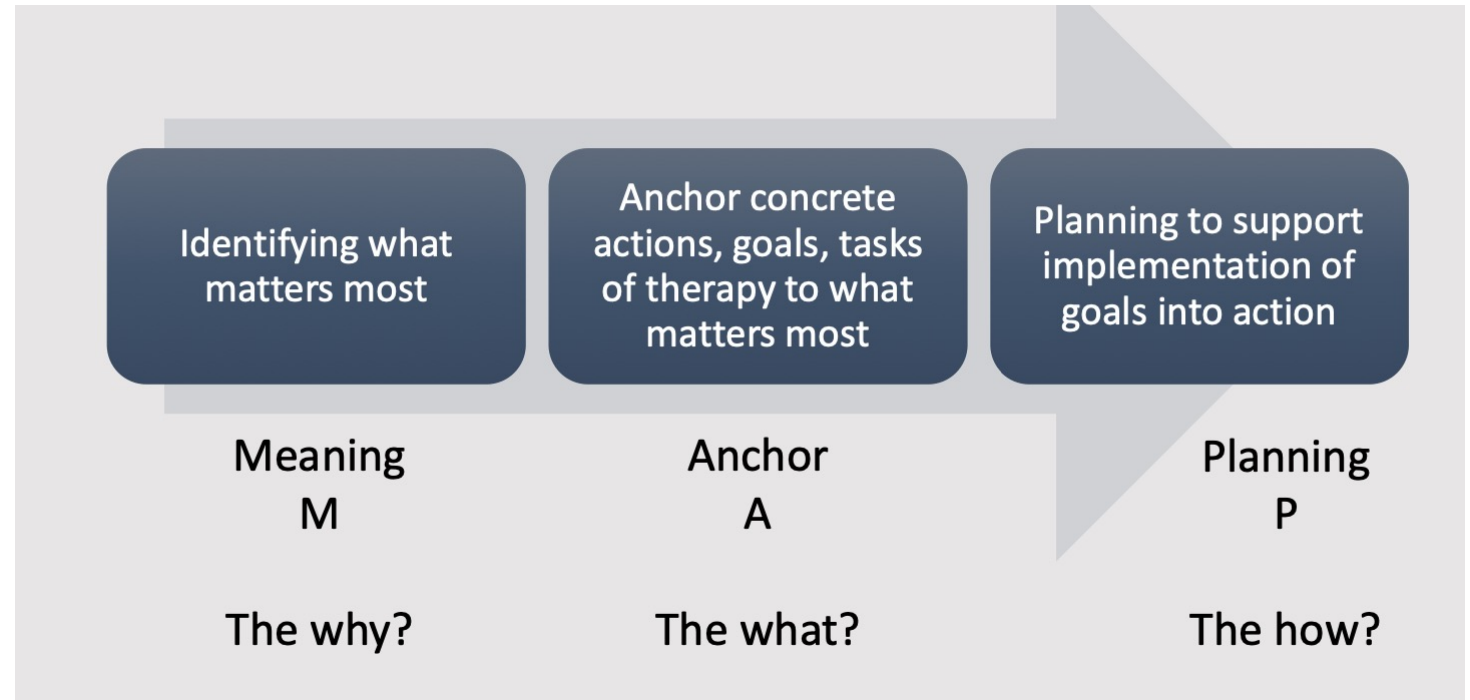


# Meaningful goals – KEY

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- A personalised approach to goal planning
- Explicitly targeted at building self-regulatory skill and capability
- An intervention vs. a means to an end

## Goal Map





By defining your values you can begin to set meaningful goals





# If-then plans

Failing to get started  
(Action plan)

*If it is 9am on Tuesday or Thursday, then I will walk to the end of my street & back*

Getting derailed  
(Coping plan)

*If it is raining when I am meaning to go for a walk, then I will drive to the local shopping mall and walk from the supermarket to my favourite clothes shop and back again*

Negative states  
(Coping plan)

*If I start to feel anxious about going for a walk, then I will remind myself that in the past walking has made me feel good*



What goals will  
you set ?

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