

Patient information

Goal Setting

Therapies Department

Goal Setting

When living with pain and fatigue it can have a big impact on your life and affect your ability to do the activities you enjoy doing. It sometimes means that you may want to consider making changes, to be able to get back to doing activities you have previously been able to do.

Making positive changes can really improve the management of your condition but at times, can be difficult to achieve. It's a good idea to change a little bit at a time.

Making change doesn't happen on its own; you may wish to introduce change in your life through structured goal setting.

It is helpful to set yourself a goal to assist making change; it helps you choose what you want to change to improve your health and well-being. Knowing what you want to achieve helps you to focus and make a practical plan of action.

What is Goal Setting?

Goal setting is a process for thinking about what you might want to change, for example you may wish to meet your friends more frequently, walk more often, or restart a hobby you previously enjoyed.

Why Set Goals?

Setting goals can give you long-term plan and short-term motivation to introduce positive change. It is important to make sure your goals are specific, so you are fully focused on what you want to achieve.

How to Set a Goal?

Using SMART goals are a way of making sure your goals are achievable given your current circumstances. SMART stands for:

S Specific.

M Measurable.

A Achievable.

R Realistic.

T Timely

An example of this might be:

I will walk the dog to the local shop three times a week in six weeks' time. To be able to achieve this goal within the timescale of six weeks you need to consider setting smaller goals to progress achieving the end goal.

For example: week one

I will walk the dog accompanied by friend/ family member; ask for help if I tire of gripping the lead. Initially aim to walk half the distance, twice this week and perhaps plan a rest break if there is an appropriate place to sit.

If you have felt able to achieve 'week one' goal, you can consider progressing your goal e.g., the distance you walk and or frequency.

For example: week three

I will walk the dog accompanied by friend/ family member. Aim to walk the full distance twice a week.

You should continue to evaluate how able you are in achieving your goal and whether you can progress your goal further again or maintain at the same level.

This process is about planning short term goals to achieve your long-term goal at the end of the six-week period.

It is always important to make sure the goals you set for yourself are realistic to enable you to experience a sense of achievement. It is hoped that this approach will motivate you to continue to use goal setting as a way to improve your overall health and wellbeing.

Setting a Smart goal:

Setting a SMART goal assists you to manage your condition. Remember your goal needs to be in line with the SMART structure on page one.

My goal is:

When will I do this?	→	
For how long?	→	
How often will I do this?	→	
Where will I do my goal?	→	
How will I monitor my progress? What will my check points be	→	
Do I need anyone to assist me?	→	
How important is it that I achieve this goal?	→	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
How confident am I in achieving this goal?	→	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
How will I feel if I achieve this goal?	→	

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

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