Goal Setting Worksheet

What are the main difficulties that you experience from day to day?

Are there activities that you are no longer doing that you would like to be doing?

What three things would you like to change about how things are for you at the moment?

1. 

2. 

3. 
APPENDIX 5: GOAL SETTING WORKSHEET

Goal Setting Worksheet

Taking each one of these in turn can you think of a goal you can set yourself to help you to start working towards making changes? (Remember the SMART acronym for goal setting)

1. 

2. 

3. 

Of the three goals outlined above can you select which one you wish to address first?


**Goal Setting Worksheet**

Outline below your action plan of how to achieve this goal (try to include time scales; what strategies you will use and who can help you).

<table>
<thead>
<tr>
<th>ACTION PLANNING</th>
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<tbody>
<tr>
<td>Step 1)</td>
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<tr>
<td>Step 2)</td>
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<td>Step 3)</td>
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<td>Step 4)</td>
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<td>Step 5)</td>
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The SMART Acronym

When collaboratively setting goals it can be helpful to ask ourselves if the goals are **SMART**. In other words are they:

- **Specific**: is the goal well defined and clearly about one specific area for improvement
- **Measurable**: is there a way of measuring if the goal is achieved
- **Achievable**: is it a goal which is something that you want to be able to achieve
- **Realistic**: is it a goal that is realistic, in other words something that it seems possible to accomplish without placing undue pressure and/or unrealistic demands on yourself or others
- **Time Specific**: does the goal have a time frame which seems reasonable, in other words are giving yourself enough time to achieve the goal (not too little or too much time)