

Goal setting

Everyone has something they want to do.

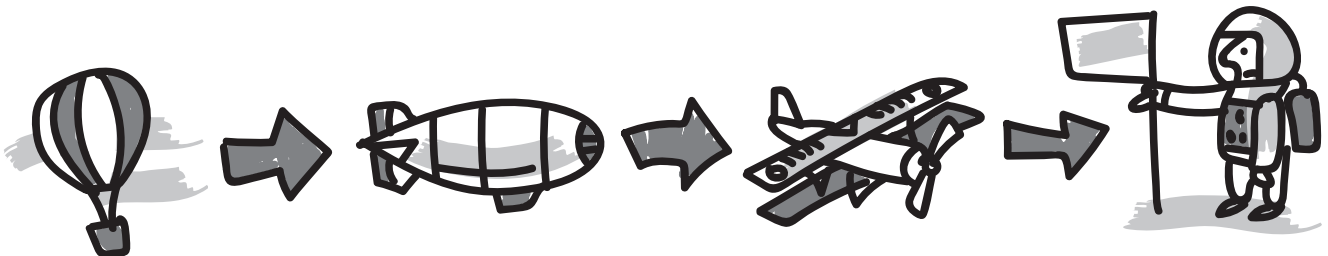
Sometimes people feel that what they want to do is unachievable so it is not even worth thinking about it!

Think about this –

Before **anything** can be achieved,
someone has to think about it first to come up with the idea.
(not thinking = not doing)

**Some pretty amazing changes have happened,
but someone had to imagine them first.**

Some of these things seemed inconceivable at the time!
Often people had to overcome barriers but had enough vision,
passion and confidence to do that.



**Remember – what you put your
attention to grows**

So if you continually **think about the barriers** to what you want, the barriers will **become insurmountable.**

And if you think about what you do want the barriers open up and you can begin using the skills you have learned to make changes towards achieving your goals.

Long-term goals

Long-term goals are goals that are really **important** to you.

They fit in with where you want your life to go.

We usually don't exactly know how, when or if we will reach these goals.

They need our **imagination** to come up with them, and they usually inspire and excite us (and even cause us some anxiety) at the possibility of achieving them.



**Chance favours the
prepared mind.**

When you are looking out for specific things in life, you quickly spot opportunities and are more prepared to take advantage of them.

Medium-term goals

Medium-term goals are something you really **want** to do and usually connect in some way to your long-term goals.

There are no hard-and-fast rules about setting medium-term goals – you know what they are because you need to break them down into smaller goals so that you can make a start.

Action towards goals

Action plans are formed by breaking medium-term goals down into bite-sized steps which you are **confident** of achieving.



Pick something achievable.

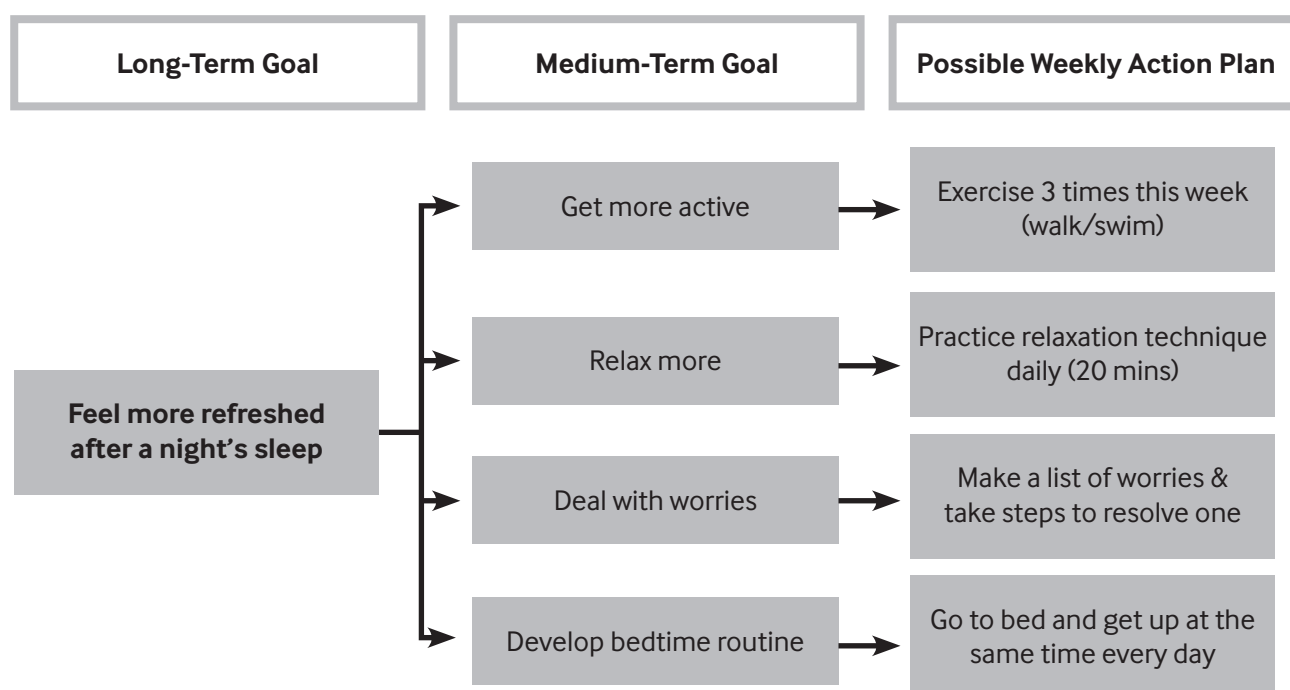
Think about how you might break down your goal into tasks that involve **DOING** something.

And if you are not ready to change just yet, you can still think about your options and reflect on the possibilities:

- Read some information
- Talk to someone
- Write down advantages and disadvantages of change
- Write down how life will be different if you make this change.

For example, if the **long-term goal** is to feel more refreshed after a night's sleep:

- **What are some of the practical things you would need to do to achieve this?**
(medium-term goals)
- **And for each of these options, how specifically might you do this?**
(possible weekly action plans)
- **Do any of them sound achievable as targets to aim for?**
Which one are you most confident about?
Decide on a weekly action plan.



ONCE YOU HAVE DECIDED

1. your goal,
2. the type of things you **could** do towards it,
3. the things you **will** do towards it **now**
you can then work on the specifics, making an action plan. This will usually involve setting weekly tasks. You will also benefit from monitoring your progress and tweaking.