

# 25. Goal Setting



*Give yourself the best chance to succeed*



## DOING

**DURATION**  
15 minutes

**FREQUENCY**  
Once off

**DIFFICULTY**  
Moderate

### EVIDENCE QUALITY

★★★★☆

+ WELLBEING

+ RESILIENCE

+ HEALTH

+ MOOD

+ ANXIETY

+ STRESS

## What it is?

- Goal setting is about setting yourself short-term goals to achieve a desirable outcome, as well as mapping out the steps you will need to achieve them.
- Effective goals are ones that align with your motivation: the value of achieving the goal outweighs the negatives of not achieving the goal.

## What can I use it for?

- Goal setting can be used to guide any behaviour and can help you get closer to achieving any outcome (if performed correctly).
- Successful goal setting can help increase your confidence in your ability to reach your goals, which in turn builds self-esteem and can lead to improved mental health and wellbeing.
- Planning can make your goals seem more manageable and attainable.

## How to do it?

1. Reflect and write down a short-term goal you would like to achieve in the upcoming week.
2. Reflect on the real reason why you want to achieve the goal: what is the goal's purpose?
3. Write down the goal in a SMART way (see next page).
4. Break the goal down into manageable sub-steps and behaviours.
5. Consider anything that may stop you from achieving the goal.

## Anything to consider before I start?

- Try to start with goals that are realistic and not too time consuming.
- Don't be too hard on yourself, if you don't reach your goals straight away. If at first you don't succeed, try, try, again!

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Reflect and write down the wellbeing goal you would like to achieve in the upcoming week:

[Dotted box for goal reflection]

Now ask yourself: why do you care about reaching this goal? What is the goal's purpose?

[Dotted box for goal purpose reflection]

### Is the goal a SMART goal?

- Specific: they need to be clear and well-defined
- Measurable: you need to be able to 'measure' whether the goal was reached or not
- Achievable: they should not be impossible to achieve
- Realistic: they need to be realistic and relevant to you
- Timely: you need them to have a deadline

What are the sub-steps you need to take to reach this goal? Breaking it down into smaller chunks makes it easier to accomplish the goal. For example: to do a guided meditation you need to 1) pick a time that works 2) have access to a quiet room or earphones 3) find a meditation on Youtube or Audible 4) make sure you do not get interrupted.

1.  
2.  
3.  
4.  
5.  
6.

Remember to set a way to remind yourself to achieve these sub-goals!

### MY HABIT STATEMENT

Habit Statement:

When will I practice it?

How will I remind myself to practice?

How will I celebrate?



DOING

