



## 19. Goal Setting

*Don't stop until you get there*

🕒 **Duration:** 15 minutes 📅 **Frequency:** ONCE OFF 🎮 **Difficulty:** Moderate ★★☆☆ **Evidence Quality**

### What is it?

- Goal setting is about setting yourself short-term goals to achieve a desirable outcome, as well as mapping out the steps you need to take to achieve them.
- Effective goals are completely in line 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 performing 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 the goal down 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, try again.
- Pick a goal you really care about: without motivation it won't work.



WELLBEING

RESILIENCE

HEALTH

MOOD

ANXIETY

STRESS



# 19. Goal Setting

Reflect and write down one short-term goal you would like to achieve in the upcoming week:

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

Now we will check whether the goal is SMART. SMART goals are goals that are:

- 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

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Re-write your goal to fit the SMART criteria

Now let's have a think about some specific steps we can take to achieve it. For instance, for the goal "going out for a 30 minute walk" you need to complete the following steps:

1. Schedule 1 hour that you will go to the gym. Put it in your calendar
2. Lay out walking outfit or bring to work
3. Pack gym bag (e.g. water bottle, towel)

Define the sub-goals needed to reach the goal

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

Finally, how will you set a reminder for yourself to achieve these sub-goals?

## TINY HABIT STATEMENT

When will I practise it?

How will I celebrate?

Tiny Habit statement: