

Module 11:

Setting goals



This module will:

- show you how to set goals
- help you practise setting goals

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Plan for today's session

How was your week?

What would you like to talk about today?

Evaluating today's session

Summary of what we talked about today

What will I do during the week?

How was today for me?

Name: _____ Date: _____

Many people with psychosis just stop doing things they used to do, such as working, going to school, taking care of themselves, seeing friends and having fun.

It's not that you have lost all your goals. But starting to do these things again may seem almost impossible. You may feel that it will take too much effort. You may feel you can't even get started.

Learning how to start setting goals will help you move forward and help you develop your self-esteem.

Starting to set goals: Sam's story

“get out of the house more often”

Before his psychosis, Sam was very busy.

- He had a job at a local restaurant where he got along well with his co-workers.
- He was on a soccer team that played twice a week.
- He would see a film with friends a few nights a week.



Since his psychosis, Sam has stopped doing these things. At weekends, he spends time with his friends - John and Mary. During the week, he spends most of his time alone in his room feeling bored. Sam has lots of goals. He wants to be able to work, play soccer, and have money to go out to movies with his friends. Sam knows that it will take time before he can accomplish all these goals. He knows that goal-setting skills will help him.

Sam decides that he really values his friendships. His friends are important to him. He starts by picking a small goal related to this value. He decides he needs to get out of the house more often, so he will be able to see more people.

Activity: Fill in the worksheet **What are my values – what is important to me.**

What are my values – what is important to me?

Values are what help you decide what is right and wrong. Your values define what is most important to you. Knowing what your values are will help you decide what you want to pay attention to in your life.

What are **your** values? List them here from 1 to 10. Look at the values in the table for ideas. You can use values that are not in the list too.

The most important is 1. So if your most important value is free time, write that next to the number 1.

Some values you might have

| | | | | |
|-------------|--------------|-----------------------|--------------|-----------------------|
| Achievement | Adventure | Self Determination | Beauty | Challenge |
| Fairness | Family | Freedom | Free time | Financial security |
| Friends | Honesty | Humour | Independence | Knowledge |
| Love | Loyalty | Mastery | Power | Recognition |
| Relaxation | Spirituality | Success | Teamwork | Wealth |

My values

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Name: _____ Date: _____

Setting a goal

Use this worksheet to set your first goal.

Worksheet

Pick one of your values and write it here.

Think of some goals that are in line with your value. Write them here.

Which goal would you like to work on right now? Write it here.

What steps can you take right now to achieve your goal? Write them here.

Now write your first step in **My Weekly Goal Planner**.

Name: _____ Date: _____

How do I set goals?

You want to be able to achieve your goals, so it is a good idea to make sure they are **SMART**. This means your goals are based on these questions.

My goals are ...

| | |
|-------------------|---|
| Sensible | Does it make sense to do this now? |
| Measurable | Can I measure changes? How? |
| Attainable | Can I achieve this now? |
| Realistic | Will I be able to do this now? Do I have the skills and resources? Can getting the skills and resources be part of my goal? |
| Time-lined | How much time will it take me? |

Choosing your first goal

Your first goal should be something that you value, something that is important to you.

It is also a good idea to have short-term and long-term goals. A short-term goal is a goal you reach over a short time, such as a few days or a week. A long-term goal is a goal you reach over a long time, such as 6 months or a year. Of course, you can also have medium-term goals, which you would reach over a few months.

But to start, choose a short-term goal. It is best to choose something that you can do within the next week.

It's also a good idea if your goal is something that you enjoy.

What if I can't think of a goal?

If you can't think of a goal, think about whether there is anything in your life that:

- you would like to change
- matches your values or
- is very important to you

Thinking about these things will help you think about a goal and start changing your life for the better.

I have goals, but they are all long-term goals

Sometimes our goals are all long-term goals. But we can break these down into parts or steps. These parts or steps can become our short-term goals.

If the goal you most value is a long-term value, try breaking it into smaller goals. Try to find one small goal that you can do in the next week that will help you reach your long-term goal.

Applying SMART to your goals

After you pick a goal or even a few goals, it's time to be SMART about them.

Suppose you want to lose 15 pounds (7 kilos). Here is how you can use the SMART questions to think about how to achieve this goal.

Goal: I want to lose 7 kilos.

| | |
|-------------------|--|
| Sensible | Does it make sense to do this now? Yes, because I don't feel good and my clothes don't fit me. |
| Measurable | Can I measure changes? How? Yes, by weighing myself and seeing if my clothes fit better. |
| Attainable | Can I achieve this now? No, but I can do it over time. I can do something every week. |
| Realistic | Will I be able to do this now? Do I have the skills and resources? Can getting the skills and resources be part of my goal? I don't have much energy, but my friend Nora said she will go walking with me three times a week. And I can stop eating dessert. |
| Time-lined | How much time will it take me? I don't know! |

There are good answers to all the questions. You don't know yet how long it will take you, but you've set some realistic, measurable smaller goals.

- Walk three times a week with Nora.
- Stop eating dessert.

Activity: Fill in the worksheet **My goals**.

Here is Sam's goal-setting worksheet for seeing more people.

| Goal area | Short-term (next week) | Mid-term (next month) | Long-term (next year) |
|----------------------|---------------------------|--------------------------|-----------------------------------|
| Relationships | See more friends. | | |
| Personal development | | | Feel better about meeting people. |

Sam's goal

Feel better about meeting people.

| | |
|-------------------|---|
| Sensible | <p>Does it make sense to do this now?</p> <p>Yes, because I don't feel good and my clothes don't fit me.</p> |
| Measurable | <p>Can I measure changes? How?</p> <p>Yes, by weighing myself and seeing if my clothes fit better.</p> |
| Attainable | <p>Can I achieve this now?</p> <p>No, but I can do it over time. I can do something every week.</p> |
| Realistic | <p>Will I be able to do this now? Do I have the skills and resources?</p> <p>Can getting the skills and resources be part of my goal?</p> <p>I don't have much energy, but my friend Nora said she will go walking with me three times a week. And I can stop eating dessert.</p> |
| Time-lined | <p>How much time will it take me?</p> <p>I don't know!</p> |

My goals

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Think of goals you would like to achieve. They can be as simple as getting out of bed every day or as ambitious as running a marathon. What matters is they are important to you.

| Goal area | Short-term (next week) | Mid-term (next month) | Long-term (next year) |
|-------------------------|---------------------------|--------------------------|--------------------------|
| Work | | | |
| Leisure | | | |
| Family | | | |
| Health | | | |
| Relationships | | | |
| Personal development | | | |

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My goals

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When you think about your goals, also think about the SMART questions. Pick one of your goals and answer the SMART questions.

My goal

Sensible

Does it make sense to do this now?

Measurable

Can I measure changes? How?

Attainable

Can I achieve this now?

Realistic

**Will I be able to do this now? Do I have the skills and resources?
Can getting the skills and resources be part of my goal?**

Time-lined

How much time will it take me?

Name: _____ Date: _____

Keeping track of your progress

After you set your goal, you will want to keep track of your progress.

The best way to do this is to fill in a weekly goal planner.

In your goal planner, write down a step. Check it off each time you get it done.

Activity: Fill in the worksheet **My Weekly Goal Planner**.

Here is Sam's goal planner.

What is my goal this week?

To go out and see people four times this week.

| My step | How many times a week? | What days will I take these steps? | | | | | | |
|--------------------------------|------------------------|------------------------------------|-----|-----|-----|-----|-----|-----|
| | | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
| Go to the community centre | 3 | X | | X | | X | | |
| Go to the cinema with a friend | 1 | | | | X | | | |

If you miss doing a step toward your goal, pick a new time to do it. For example, if it is a bank holiday weekend, the community centre will probably be closed on Monday. Sam would not be able to go then, but he could decide to go Tuesday instead.

The steps toward your goal should be flexible. If you need to change them to help you reach your goal, change them.

My weekly goal planner

What is my goal this week?

| My step | How many times a week? | What days will I take these steps? | | | | | | |
|---------|------------------------|------------------------------------|-----|-----|-----|-----|-----|-----|
| | | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
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| | | | | | | | | |

Name: _____ Date: _____

Reviewing your goals

After you have worked on reaching your goal for a little while, take time to review your progress. If you are working on a short-term goal, you might review your progress every day. If you are working on a long-term goal, you might review your progress once a month.

Sometimes you might not make any progress toward your goal. Don't blame yourself. Instead, think about how you might need to change what you are doing. For example, did you plan to do something in the morning even though you are not a morning person? You simply need to change the steps to your goal.



Remember, there are no failures in goal setting. You simply adjust your goal and change the steps you take to get there.

What if I am having trouble achieving my goals?

Here are four common reasons why goal setting may not work.

The goal did not match your values

Sometimes we set a goal that does not match our values – the things that are important to us.

Things have got in the way

Sometimes things happen that stop you from working toward your goal.

Here are some things that might get in the way.

- A new stress, such as a problem at work or home, might need your attention.
- You don't have the resources to achieve your goal. These resources could be money, transport or something else.
- Your original plan is no longer possible. For example, you may have planned to go for a swim three times a week, but then the pool is closed for repairs.

Your goal was too difficult

Sometimes we set goals that we cannot achieve. We need to look at the goal again and change it to something you can do. People need to change their goals all the time.

The goal is no longer important

Goals can change over time. If your goal does not seem important any more, then change your goal.

Remember that you should expect to change your goals, especially when you first start setting goals. Goal setting is simply a skill to help you achieve the goals you **want** to achieve.

When you review your goals, you will often find that you have made progress. Congratulate yourself! Take the time to enjoy success.