

Goal Setting

When setting goals, try to use the SMART technique and choose goals meaningful to you

- Specific - choose a particular task that you can evaluate whether you have achieved or not
- Measured - may be a specific time period, distance or intensity allocated to the task
- Achievable - whether you can physically manage the goal you have set
- Realistic - whether it is practical or not to complete the goal (e.g. time limitations, too many other demanding tasks planned that week)
- Timed - while attending the group, all goals will be set over a 7 day period in-between sessions

Example 1- Physical Goals

Walk 10 minutes x5

Hoover 1 room/ day

Gardening 2x 20 minutes

Example 2- Cognitive Goals

Read a book 5x 20 minutes

Internet 20 minutes/ day

Sudoku x3

Example 3- Social Goals

Visit relatives x1 for 2 hours
max

Phone friend x1 for 20
minutes

Night out x1- stay for 3 hours
max

Example 4- Sleep Goals

Reduce daytime sleep by 15
minutes/ day

Rise before 9.00am x 5

Retire to bed by 11.00pm x 5