

Goal Setting

COMMON PROBLEMS WITH SETTING GOALS

- I am worried it will make the pain worse!
- If I can't do it properly or how used to what's the point in trying?
- I have tried exercise before and it didn't help.
- I don't have time.
- I don't know where to begin.
- I overdo/I underdo
- I never have the willpower and stick to anything.

THE BENEFITS OF GOAL SETTING ARE

- As human beings we all need goals
- We need things to look forward to and know how to get there
- Goals motivate us to engage with life and get things done.
- They make us mentally and physically more alert.
- They help us overcome problems that otherwise seem too big.
- They also allow us to change unhelpful behaviours.

SOME USEFUL TIPS FOR GOAL SETTING

- Personal and meaningful to you.
- As well as task goals we all need some fun goals.
- It needs to be realistic and achievable in the time you set to do it.
- It needs to be specific, so you know what you will be doing and you monitor how it's going.
- Do what you planned, not what you feel like.
- Write down any difficulties to discuss in the next session.