Goal Setting and Action Planning

What is goal setting?

A goal is something you want to achieve. It could be a short term or a long term objective. Goal setting is about focussing on how you make these changes and what steps or action plans you need to help us achieve your goal.

Begin by asking yourself:

- What do I want to achieve?
- Is this goal important to me?
- Is this a short term or long term goal?
- What are my action plans towards the goal?
- Do I have the resources I need?
- How confident am I that I can achieve it?

What do I want to achieve?

This can be simple or general:

- Improve my walking
- Do more housework
- Get fitter

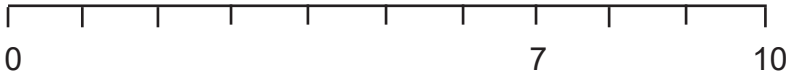
Is this goal important to me?

If the goal is not really something you want to do or you are doing it because someone else wants you to, then research shows that you will probably not achieve it.

Think about a 0 - 10 scale

Ask yourself: How important is this really?

Where 0 is “not important at all” and 10 is “extremely important”



If you can rate the importance at 7 or above then you have a good chance of achieving your goal.

If you rate it as below 7 then you must ask yourself: Is this what I really want to do? Then think again. Is there something you can do to move the number higher?

For example: Ask for help or think of other ways of achieving the goal.

compassionate care

What are my action plans?

Once you have thought of the goal, break it down into smaller “manageable” chunks or action plans

- To walk to the local shop
- To clean my kitchen
- To start an exercise programme

Now break them down even further so you can plan the **how**. For example:

- I would like to clean the kitchen

What would that involve?

- Wash the kitchen floor using a long handled mop
- Clean the work surfaces

How could I get fitter to enable me to do this?

- Practice bending and reaching
- Work on my muscle strength and balance
- Improve my standing tolerance by 5 minutes

Making goals and action plans **SMART** “I want to be able to walk more”

Make it SMART

S	- Be specific	I want to walk to the bus stop and back twice a week
M	- Is it measurable?	That is about a 30-minute walk
A	- Is it achievable?	It could be, I used to walk that distance
R	- Is it realistic?	I can walk for about 10 minutes now
T	- Is it time bound?	I have time at the moment till I go back to work in 6 weeks

Now work out your action plan

What will I do this week? I will walk for 10 minutes twice this week

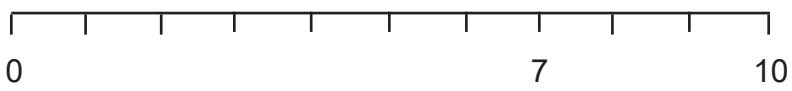
What is the next step? To walk for 15 minutes twice a week for 2 weeks

What if there is a problem?

I may need to take a bit longer before I increase my time, or I may need to increase my time by one or two minutes instead of five

How confident am I that I can achieve this?

Again using a scale of 0-10, ask: “How confident am I that I can achieve this plan?”



Where 0 is “having no confidence at all” and 10 being “absolutely sure I can achieve it”

If you rate yourself at 7 or over then you can go ahead.

However if you rate yourself below 7 then you will need to adjust the plan until you can rate your confidence level at 7 or more.

See Pacing and Setting Baselines for more useful information.

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http://www.cht.nhs.uk/services/clinical-services/physiotherapy-outpatients/patient-careinformation/

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Physiotherapy Department
Huddersfield Royal Infirmary

Telephone: 01484 342434

MSK physiotherapy Admin Office

Telephone: 01484 905380

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If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"