



Setting goals

Setting goals can help you take steps towards doing the things that matter most to you.

To start setting your goal for living well, ask yourself:

- ~ What is most important to me?
- ~ What would I like to do more of?
- ~ What would I like to improve?
- ~ How can I balance heart, mind, body, and spirit?

Some common goals include taking care of yourself, spending more quality time with family, participating in community activities or hobbies, or getting back to work.

"But each day, I kept pushing myself. One minute...I did 10 steps. Another week, I was already going down the steps. Next week, I was going down... by the road. Each day I...was determined. You know, I kept making those... goals for myself."



TIPS for goal setting

Setting goals for living well will help you stay motivated and track your progress.

The easiest way to achieve your goals is to start small. You may need to break down a big goal into smaller goals or steps.



A good way to start is by setting “SMART” goals. Here is an example of turning a general goal into a SMART goal:



General goal: *My goal is to walk more.*



SMART goal: *My goal is to be able to walk from my house to my grandson's house at the other side of the reserve by the end of the summer (in three months).*

Next, you can start to plan HOW you will achieve your goal. You can plan WHAT actions you will do, WHEN you will do them, and for how long.

WHAT I will do: *I will walk outside for 5 minutes every day for two weeks. Then I will walk for 10 minutes every day for two week.*

WHEN I will do this: *I will walk in the morning after breakfast.*

Next, think about what will help you achieve your goal and what may get in your way. Here are some examples:

WHAT will help me: *I will invite a friend to walk with me. I will get a good pair of walking shoes.*

WHAT may get in the way: *If the weather is bad, I will walk around inside the house.*

Your goals may change over time.

If you have a goal that you tried but did not yet achieve, you may need to change it. You could try making the goal smaller, giving yourself more time to achieve it, or changing the steps needed to achieve the goal.

It's ok if progress is slow. Every small step towards a goal is worth celebrating.

It's helpful to review your goals and your progress towards your goals with your healthcare provider.

You are the expert on your pain and what feels right for you. You know best what is important to you, what is possible for you to achieve, and what common things can get in your way.

