



Goal setting

Setting realistic goals is a great way of changing your behaviour. It is important to set a goal that you think is achievable in the time frame. Start small and then gradually build up. Remember there's no rush! For example, if you wanted to spend less time sitting at work or at home a goal could be to walk for 10 minutes a day at a steady pace. Once you feel comfortable with this level, try extending the time or going out more frequently. If possible you could also increase the pace. Also think about what 'success' looks like to you and how will you reward this. These details can be recorded on the Action Plan worksheet. Remember 'good' goals should be:

Specific – The goal should make it clear what you want to accomplish (e.g. Walk round my local park two times)

Measurable – Identify a way to measure and track progress toward the goal (e.g. Increase the number of times I walk round the park, increase the speed that I walk)

Attainable – Choosing very hard goals sets you up for failure so make them easy and realistic (e.g. If you are not currently active, a better goal should be to walk once round the park)

Relevant – Make goals relevant to important things in your life. For instance, walking round the park is also an opportunity to catch-up with friends if you invite them along.

Time-framed – Think about how frequently and for how long you will do the activity. For instance you might start by aiming to walk for 20 minutes on certain days of the week.

There are three types of goals I would like you to set: short, medium and long term (future) goals.

Short-term goal

Example: On Saturday and Sunday I will walk 20 minutes to and from the local shops instead of driving.

What would you like to achieve in the next 2-4 weeks?

-

How confident are you of achieving this short-term goal?

0 Not at all confident	1	2	3	4	5	6	7	8	9	10 Very confident
------------------------------	---	---	---	---	---	---	---	---	---	-------------------------

What might prevent you from achieving your goal? How might you be able to avoid the things that will make it difficult?

-

Medium-term goal

Example: I will investigate local walking groups.

What would you like to achieve in the next 2-6 months?

-

How confident are you of achieving this medium-term goal?

0 Not at all confident	1	2	3	4	5	6	7	8	9	10 Very confident
------------------------------	---	---	---	---	---	---	---	---	---	-------------------------

What might prevent you from achieving your goal? How might you be able to avoid the things that will make it difficult?

-

Future goal

Example: I want to attend a class for people who are like me and not regular users of the leisure centre.

What would you like to achieve in the next 6-12 months?

-

How confident are you of achieving this future goal?

0 Not at all confident	1	2	3	4	5	6	7	8	9	10 Very confident
------------------------------	---	---	---	---	---	---	---	---	---	-------------------------

What might prevent you from achieving your goal? How might you be able to avoid the things that will make it difficult?

-