

## Goal-Setting

### 1. Pick A Domain

Choose **JUST ONE** life domain to work on: health, work, education, leisure, personal growth, spirituality, parenting, friends, family, intimate relationship, other.

Domain:

### 2. Choose Your Values

Choose 1 or 2 values (maximum 3) that you want to bring into play in your chosen life domain. These values will motivate and inspire the actions you take to pursue the goal.

Values:

### 3. Set a SMART Goal

S= Specific (Do not set a vague, fuzzy, or poorly-defined goal like, 'I'll be more loving'. Instead, be specific: 'I'll give my partner a good, long hug when I get home from work'. In other words, specify what actions you will take.)

M = Motivated by values (I.e. double check this goal is aligned with the values in step 2.)

A = Adaptive (Is this goal likely to improve your life in some way?)

R = Realistic (Make sure the goal is realistic for the resources you have available. Resources you may need could include: time, money, physical health, social support, knowledge and skills. If these resources are necessary but unavailable, you will need to change your goal to a more realistic one. The new goal might actually be to find the missing resources: to save the money, or develop the skills, or build the social network, or improve health, etc.)

T = time-framed (Put a specific time frame on the goal: specify the day, date and time — as accurately as possible — that you will take the proposed actions.)

Write your SMART goal here:

#### 4. What Are The Benefits?

Clarify for yourself, what would be the most positive outcome(s) of achieving your goal? (However, don't start fantasising about how wonderful life will be after you achieve your goal; research shows that fantasising about the future actually reduces your chances of following through!) Write the benefits below:

#### Step 5. Prepare For Obstacles

Imagine the potential difficulties and obstacles that might stand in the way of you achieving your goals, and plan for how you will deal with them if they arise. Consider:

- a) what are the possible internal difficulties (difficult thoughts and feelings, such as low motivation, self-doubt, distress, anger, hopelessness, insecurity, anxiety, etc.)?
- b) what are the possible external difficulties (things aside from thoughts and feelings that might stop you, e.g. lack of money, lack of time, lack of skills, personal conflicts with other people involved)?

If internal difficulties arise in the form of thoughts and feelings, such as:

Then I will use the following mindfulness skills to unhook, accept, drop anchor, etc:

If external difficulties arise, such as:

a)

b)

c)

then I will take the following steps to deal with them:

a)

b)

c)

#### **Step 6: How Realistic Is This Goal, On a Scale of 0-10?**

10 = this is completely realistic, I'll definitely do it.

0 = this totally unrealistic, I'll never do it.

Your goals need to be reasonably realistic: at least a 7. So if you can't score at least a 7, then change the goal - make it smaller, simpler, easier until you *can* score a 7. If necessary, change the goal altogether.

#### **Step 7. Who Are You Going To Share This With?**

Research shows that if you make a public commitment to your goal (i.e. if you state your goal to at least one other person), then you are far more likely to follow through on it. If you're not willing to do this, then at the very least make a commitment to yourself. But if you really do want the best results, then be sure to make your commitment to somebody else.

Read through your SMART goal one more time, then make a commitment out loud that you are going to follow through on this. Ideally say this aloud to someone else, but if not, say it aloud to yourself.