

## Setting Goals

The days can feel very long when you are at home so much. Setting yourself small, achievable goals, and planning your day in advance can help; it will remind you to move around regularly and give a sense of achievement.

Aim for a range of activities within your lifestyle including social, leisure, creative, physical and mental activities.  
Consider all the components of an activity, physical, mental and emotional. These may result in hidden demands. These all use your energy.  
Try to do activities that you **enjoy**, as well as the those you **need** to do.  
Choose a goal that means something to you but be realistic about what you can do.

Break it down into small chunks.

Tell family and friends and get their support.

**REWARD** yourself!!!!!!!

### Example:

Janet wanted to go to the local park she hadn't been out for a while and had lost both her confidence and stamina.

*Small steps she took:*

1. Aimed to get dressed 4-5 days a week.
2. Spent time in back garden both walking and sitting for 30mins at a time.
3. Went out in car for a ride with partner
4. Went the park had short walk and enjoy a cappuccino for about an hour or so.

She achieved this and felt confident to repeat.

**Why not take some time now, to think of what you would like to achieve...what are your personal goals?**

The plan you create should answer the following questions:

- **What specifically will you do?** For example, will you rest, phone a friend or take a series of walks?
- **How much?** If your target is to do some ironing, will you attempt it for 15 minutes, an hour or some other length of time?
- **When?** Will you do it am/pm or some combination?



- **How Often?** How many days a week will you do your target? You may want to do something daily, but you're more likely to succeed if you allow yourself some "breathing room" by aiming to do something twice a week rather than every day.

**Remember - goals are there to help to motivate you and encourage positive changes. Don't put pressure on yourself or feel guilty if you don't achieve them, you may just need to make some adjustments.**