Personal goal setting

Date : / / /

What would you like to achieve in the next 12 months in terms of activity?

For example: 'To walk a half marathon' **OR** 'To get back to going to the theatre'.

What is your short-term goal in your own words and when would you like to achieve this by?

For example: 'To walk to the toilet and around the ward by myself in two weeks' **OR** 'To brush my hair standing up in two weeks.'

Why is this short-term goal important to you?

For example: 'I don't like asking the nurses for help' **OR** 'I find it easier to do my hair standing up and brushing my hair will make me feel better.'

What might get in the way of you achieving this goal? Is there anything you could do if this happens?

For example: 'If I have a disturbed nights sleep on the ward I will have a nap in the afternoon so I have enough energy to do my physical activity.'

On a scale of 1-10 how confident are you that you will achieve this goal? (10 being extremely confident).

Ideally you should score a seven or over and if not you need to rethink your goal.

1	2	3	4	5	6	7	8	9	10
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