



HELP for
HEROES

RECOVERY COLLEGE:
SELF-HELP GUIDES
TO RECOVERY

PREPARE:
**SETTING
SMART
GOALS**

WHY IS GOAL SETTING IMPORTANT?

Goal setting is important – it will help you to focus and keep moving forwards in your recovery journey.

For example, have you thought about what you want to have achieved by the end of today, this week, this month and beyond? Are you clear about the main objectives in your life and your recovery journey? Do you know what you want to be doing in five years' time?

If you want to succeed, you need to set goals. Without goals we lack focus and direction. Goal setting not only allows you to take control of your life's direction; it also provides you with a benchmark for determining whether you are actually succeeding.

To accomplish your goals, you need to know how to set them. Goal setting is a process that starts with careful consideration of what you want to achieve and involves a lot of hard work to actually do it. There are some well-defined steps you can take to keep you on track.

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HOW TO SET GOALS

Think about the goal or goals you'd like to achieve. Your goal might be 'I'd like to find ways to manage my stress levels' or 'I'd like to lose weight so that I feel better in myself both mentally and physically'. Whatever the goal, there is a simple, two-step process you can apply to help you achieve it.

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1.
WRITE DOWN WHAT YOUR GOAL IS.

2.
USE THE SMART GOAL TECHNIQUE TO DEFINE HOW YOU'RE GOING TO ACHIEVE YOUR GOAL. SMART GOALS ARE:

Smart goals are:

- + **S**PECIFIC
- + **M**EASURABLE
- + **A**CHIEVABLE
- + **R**EALISTIC
- + **T**IME BOUND

**THE FOLLOWING PAGES
SHOW AN EXAMPLE OF
HOW TO WRITE DOWN
A SMART GOAL ACTION
PLAN, USING THE GOAL
'I'D LIKE TO LOSE WEIGHT'**

SPECIFIC

Make your goal or objective as specific as possible. Say exactly what you want to achieve in clear, concise, positive words.

Include precise amounts, dates and so on in your goals, so you can measure your degree of success. If your goal is simply defined as "to lose weight", how will you know when you have been successful?

'SPECIFIC' EXAMPLE

I will lose 36lbs by [include specific date]. I will do this by eating a sensible and balanced diet and completing 45 minutes of cardiovascular fitness each working day. I will improve my nutritional knowledge so that my meals are reduced in fat and I eat enough of the right food groups to maintain my planned weight loss over the period.

S

MEASURABLE

Include a unit of measure in your goal.

Be objective rather than subjective.

When will your goal be achieved? How

will you know it has been achieved?

What will success look like?

'MEASURABLE' EXAMPLE

I will be able to wear my old trousers and shirts again and be fit and healthy for my best friend's upcoming wedding.

I will lose 1.5 lbs per week in order to achieve my goal. By the specified date I will be at my target weight of XX. I will weigh myself weekly and record my weight loss – I will also keep a food diary to track my daily and weekly calorific intake.

M

ACHIEVABLE

Ensure that your goal is feasible in terms of the resources available to you and by having good self-awareness.

'ACHIEVABLE' EXAMPLE

After consulting various medical and training documents, 1.5 lbs per week is an achievable, sustainable and safe rate of weight loss for a person of my age. I will speak to my doctor to get a medical all clear to commence this plan.



REALISTIC

Focus on the end results you desire rather than the activities necessary to get there. You want to grow personally, so reach for your goal, but be realistic or you may set yourself up for disappointment.

'REALISTIC' EXAMPLE

This goal is realistic with the average safe and sustainable weight loss being 1.5 to 2 lbs per week. I will look better, feel better and be able to move forward in my recovery journey with more self-confidence.

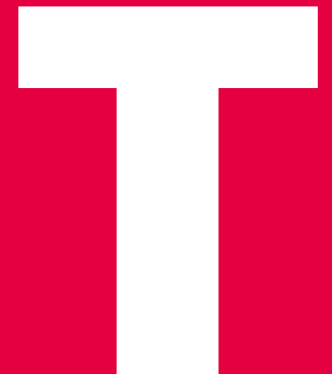
R

TIME -BOUND

Give yourself a deadline. Include a timeframe such as a week, month or year, and include a specific date if possible.

'TIME-BOUND' EXAMPLE

I will dedicate six months from today to achieve my goal. I will review my progress on a weekly basis.



TIPS TO HELP YOU REACH YOUR GOALS

- + Focus on one or two goals at a time. Taking on too many goals at once can feel overwhelming and lead to failure
- + Start small. Set goals that challenge you, but that you feel confident you can achieve
- + Pick goals that motivate and are important to you, so that you remain committed to achieving them
- + Stick with it. Remember, goal setting is an ongoing activity, not just a means to an end. Build in reminders to keep yourself on track and make regular time to review your goals

A man with a beard and a grey jacket is riding a bicycle in a forest. He is wearing a helmet and has a backpack. In the background, another cyclist in a blue jacket is also riding a bicycle. The scene is outdoors with many trees and green foliage.

TIP:

Try testing your goals out by asking yourself the following question: **"If I were to share my goal with others, what would I tell them to convince them it was worthwhile?"** Use this motivating value statement to help you if you start to doubt yourself or lose confidence in your ability to make the goal happen.

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AND FINALLY...

By following the SMART method of goal setting you can set goals with confidence and enjoy the satisfaction of knowing you achieved what you set out to do. Remember too that your end destination may remain quite similar over the long term, but the action plan you set for yourself along the way can change significantly, so make time to regularly review your SMART goals.

If you have any questions at all, take positive action by contacting a member of our Recovery team:
getsupport@helpforheroes.org.uk