

## Week ten: revisit and review. Goal setting

**Goal setting** can be useful when related to a chosen value, goals act to spur you on and sign post the way forwards.

Consider the goal as a specific activity which will help you achieve your value. Your goal can help you choose actions and behaviours which help you move towards your valued actions. You can choose how you respond to events and challenges in your life.

*Consider:*

What meaningful activities do you want to pursue in your life?

How are they in line with your valued actions?

- Goal to sign post way -

---

- Goal to sign post way -

---

- Goal to mark progress -

---

Remember that these goals are here to help you along your road to reaching your valued actions.

### *Example goals*

Value: I value my health and wellbeing and I wish to live my life in a way that enables me to look after myself physically and mentally as this also supports me in other areas of my life.

- **Goal to sign post way** : I am going to think about the food that I am eating and how it contributes to my health and wellbeing. I will keep a track of what I eat once a day for two weeks
- **Goal to sign post way**: I will take a short walk at lunch time to make sure I don't sit down all day at work and that I get some fresh air (even when it's raining). I will come prepared for bad weather. I will keep a track of the days I go for my walk and how I felt afterwards / at the end of the day and review it at the end of two weeks
- **Goal to mark progress**: I can see an improvement in my physical health, my fitness has improved slightly (e.g. less out of breath walking) and I consistently make healthier choices when I do my food shopping (e.g. I regularly buy fresh fruit and veg and buy less crisps).

