

## Personal Goals

When we decide to make a change, it is important to think carefully about what the goal is, what making the change will involve, how we will do it, how we can break it down into small steps, and how can we help set a goal that is likely to be achievable. It is sometimes helpful to use this acronym when setting goals:

### SPORT

**Specific:** Be precise about where, when and with whom you will do it

**Positive:** State your goals in positive terms, encouraging yourself to gain or develop in some way

**Observable:** Try to include in your goal a description of a change that you can see or observe, and that others will see e.g. start doing more activity by going for a walk around the park with your family member/friend.

**Realistic:** Make your goals clear and realistic. Focus on goals that require change from you rather than others.

**Time Set:** A timeframe to keep you focused.

Try one of the following 3 options to help you set your goals.

Option 1 is the simplest tool to start with.

Option 2 and 3 help you to think through your goal in more detail which helps to make it easier to achieve.

## Option 1: Simple Goals

### Set yourself realistic goals

- ✓ Meet my daughter for coffee once a week
- ✓ Join a dementia support group
- ✓ Borrow that book I saw on TV from the library

### Ask yourself

- ✓ Are these actions you can really do?
- ✓ Are they stated in positive terms?
- ✓ Are they clear and specific enough that you will know when they are done?
- ✓ Are they **IMPORTANT** to **YOU**?

Record your goals in the table below

Goal 1	
Goal 2	
Goal 3	

## Option 2: The Change Plan

**My main goals are:**

**The most important reasons why I want to make these changes are:**

**I plan to take the following steps to help me make a change:**

**Specific Action:**

**When:**

**Other people could help me with change in these ways:**

**Person:**

**Possible ways to help:**

**Possible obstacles and how I could handle them:**

**Obstacles:**

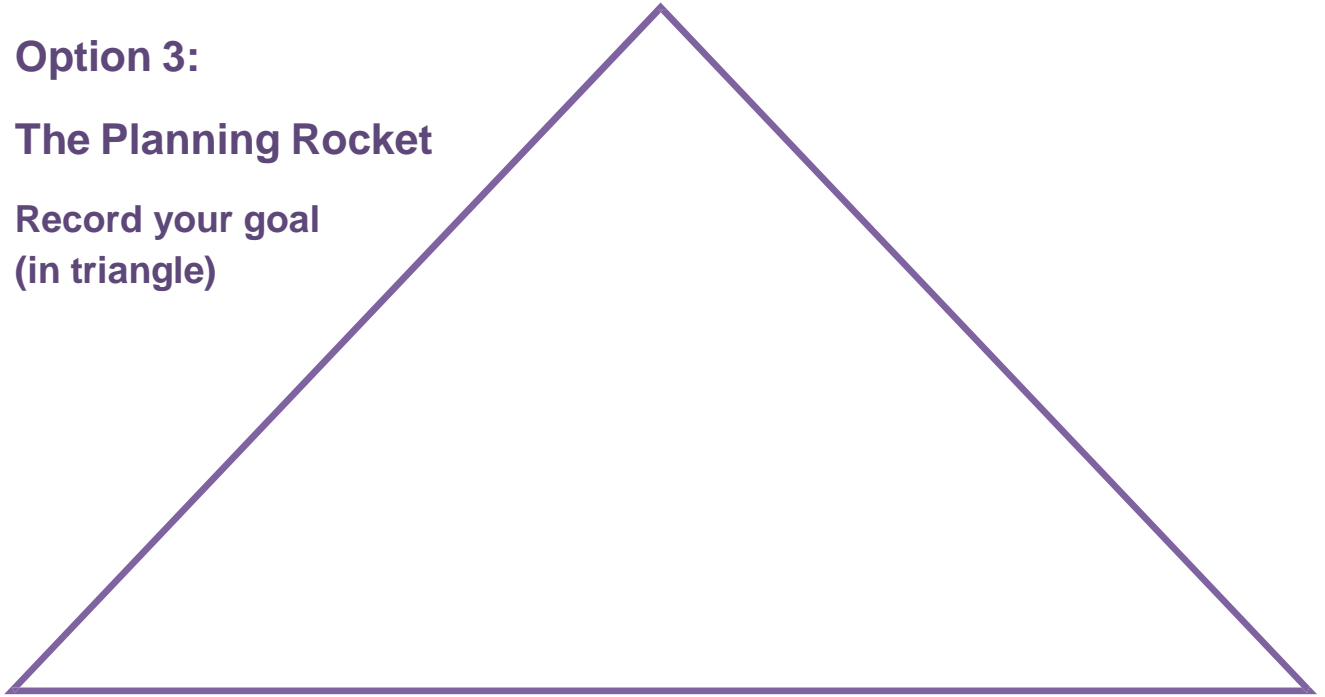
**How to respond:**

**I know my plan is working when I see these results:**

**Option 3:**

**The Planning Rocket**

Record your goal  
(in triangle)



What support do you have to reach your goal?

An empty rectangular box with a purple border, intended for recording support.

What steps should you take?

An empty rectangular box with a purple border, intended for recording steps.

What support do you need to reach your goal?

An empty rectangular box with a purple border, intended for recording needed support.

What problems might you encounter?

An empty rectangular box with a purple border, intended for recording problems.

How will you deal with them?

An empty rectangular box with a purple border, intended for recording solutions.

**The Planning Rocket**

