

Achieving your aims

We have provided many materials to help you feel more in control. A little bit more thinking and hassle now, could prove incredibly handy when you need it. As well as the actions you take, there is the way you think about setting your goals. One theory for goal setting that has good evidence is using a simple structure to plan your goals. It looks like this: ‘When X happens, I will do Y’. The more detailed your thinking around this, the better your chances of making it happen when you need it.

This approach to performing behaviours involves a few different parts. The more detail the better.

Just try to do one goal, barrier and solution at a time. If the solution that you choose doesn't work, you can pick another one and start again.

Examples

I will walk around the block 30 minutes every day, when the forecast is for rain, I will do 30 minutes of yoga instead.

During lockdown I will meditate for 10 minutes every weekday, when I feel too tired, I will talk to my partner who will remind me how good it makes me feel.

1 Goal: Walk
<i>... try to be more specific (think of how long)</i>
Walk for 30 mins
<i>... and anything else (where are you going to do this?)</i>
Walk around the block for 30 minutes every day
2 Potential barrier: Bad weather
<i>... try to be more specific</i>
When it is rainy
<i>... and anything else</i>
When the forecast is for rain
3 Steps to overcome: I will do yoga
<i>... try to be more specific</i>
I will follow an online yoga video
<i>... and anything else?</i>
No

- 1 What is the goal? What behaviours are you trying to do?
- 2 What are the main barriers or challenges for you associated with this goal?
- 3 What are some actions you can do or how can you respond to these challenges in a positive way?
- 4 Lastly, try to add some more detail about the time and place.

Now, your turn!

1 Goal:
<i>... try to be more specific (think of how long)</i>
<i>... and anything else (where are you going to do this?)</i>
2 Potential barrier:
<i>... try to be more specific</i>
<i>... and anything else</i>
3 Steps to overcome:
<i>... try to be more specific</i>
<i>... and anything else?</i>