

# Goal Setting.

**Relevant to:** Depression:  Anxiety:  Irritability/Anger:  General emotional control: 

**The ability to set yourself clear, achievable goals is an important one. If you can achieve it, then you will improve your happiness and success in life.**

You can have goals for different periods of time. For example, you can have a goal for what you want to achieve this year. Or a goal for what you want to achieve this month, or this week. But probably the most important is to have a clear goal for what you want to achieve today. A successful life is, after all, merely a series of successful days.

## So how do you do it? There are several steps:

### Step 1.

Decide Where your goal is for. It can be for one or more of three places: (a) home, (b) work or occupation if you have one, and (c) social life.

### Step 2.

Decide What your goal is. This is entirely up to you to decide, but it must be clear, and you must be able to tell whether you have achieved it! A good yardstick for deciding whether your goal is a good one is "Will I be pleased with myself at the end of the day, having achieved this goal?"

### Step 3.

Check that your goal is not over-ambitious. We are only talking about a goal for the day, after all, not for life.

### Step 4:

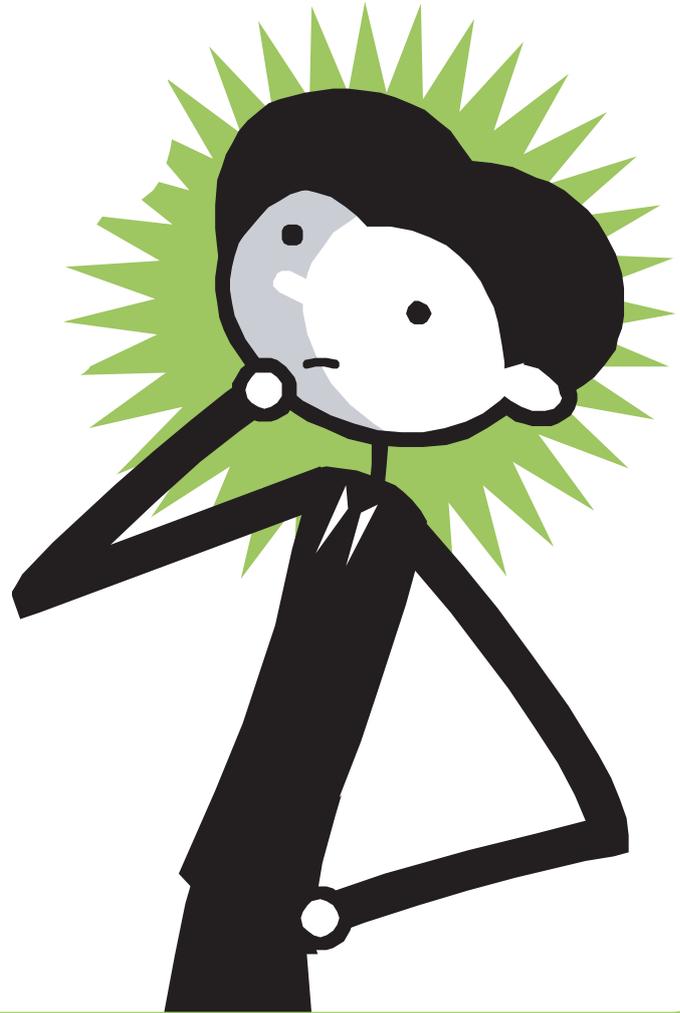
Write it down. Maybe on a piece of paper, maybe on your smartphone, wherever ... just be sure to write it down. This gives it real weight and importance.



## Example.

Ben had been meaning to find somebody to come and decorate his sitting room for several weeks. He set himself his 'home' goal as doing this today. The trouble was he didn't know of a good decorator and didn't want to just get somebody out of the yellow pages, but did know that his friend Chris used a decorator that he was pleased with.

So he texted Chris, and got the name and number of the guy concerned. He then phoned the number and got no reply but left a message on the answerphone. By 7 o'clock that evening he had not had a call back, so phoned again and this time the decorator answered. They made a time, two days later, for the decorator to come and look at the job and give him a price. Ben was pleased that after several weeks or months of meaning to do this he had finally achieved it, and set an entry in his smartphone two days hence so that he could be sure not to miss it.



## In-session discussion.

How does this description of goal setting match up with your own experience?

## Project.

If you are already really good at setting your own goals and achieving them then there is no project. If you think you have room for improvement then carefully follow the guidelines on this sheet: you may be surprised at the result.

## Mythbuster:

"The more goals you set, the more you achieve."

This is rarely true, for most of us the more goals we set the more overwhelmed we feel and the less likely we are to achieve any one of them. It is much better to set a clear and achievable goal for the day. You can however choose one goal for home, one for work if you are in work, and one for social life.