The Value of Setting Goals

Goals:

- Help to give us focus and motivation.
- Help us to accomplish things.
- Give us hope!

3 steps to goal setting:

- Identify the Issue or "thing"
- Commit to change
- State the goal

"START" Goal setting

- Specific, time, accountability, relevant, task oriented

Example:

1. Issue/"thing: I spend too much time at home alone.
2. Goal: Participate in a weekly activity.
3. Steps
    a. Identify an interest
    b. Research groups in my town and neighboring town
    c. Attend my first activity within four weeks from today.

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1. What is the issue or "thing" you want to change? _____

    _____

    _____

2. Goal to make this change _____

    _____

    _____

3. Steps

    a. _____

    b. _____

    c. _____