

Self-Help Guide

Goal Setting

Why not take time out to set some goals for yourself. Your goals should be small and achievable start off with and then you can build these up.

Goal setting can be linked to behavioural changes for example be more tolerant or take more care of yourself. Goals can also be linked to more lifestyle changes such as exercise, eat healthier food or small tasks about the house like clearing a cupboard or tidying the shed.

Goal setting gives you something to work towards. Reaching goals gives giving you a sense of achievement and taking control of your life. When you achieve your goal, reward yourself by saying “well done me”. This helps to raise self confidence and self-esteem and gives you a focus over the next few weeks.

6 steps to achieving your goals

1. Define your goal - what is your goal
2. Divide your goal into small chunks
3. Come up with a plan for achieving your goal
4. What is you plan of action
5. Do the goal you set out
6. Examine the results of your action

To start off with choose one or two small and achievable goals over the next three weeks. Plan out how you will achieve these goals write them down. Now set out time for a plan. Be flexible and don't allow negative self-talk to block your goals.

This self-help guide was brought to you through the experience built up from the professional staff team at Cancer Support Scotland. We are here to support your wellbeing.

