

# Setting Goals

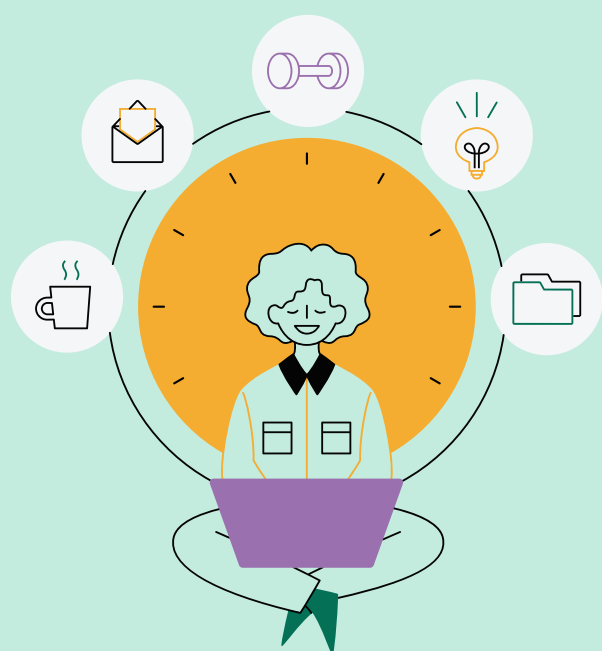
Doing things that bring joy, meaning, and connection—like hobbies, relationships, or learning—can support your recovery and well-being. It’s normal for these things to feel challenging at first, but setting small goals can help you get started, stay motivated, and move toward what matters most to you.

## 1 Choose Your Goal

Begin with small, achievable goals that you can accomplish within a week.

Some goals might include:

- Taking a 10-minute walk daily
- Calling a friend weekly
- Eating one healthy meal daily



Your goal should align with what’s most important to you, whether it’s related to:

- Health and lifestyle
- Dreams: Work, school, or travel goals
- Fun: Hobbies, sports, or recreation
- Problem-solving

Make sure your goals reflect what you want to do.

## 2 Define Your Goal

It helps to have your goal be specific, realistic, planned, and supported.

**Specific:** Say exactly what you want to do

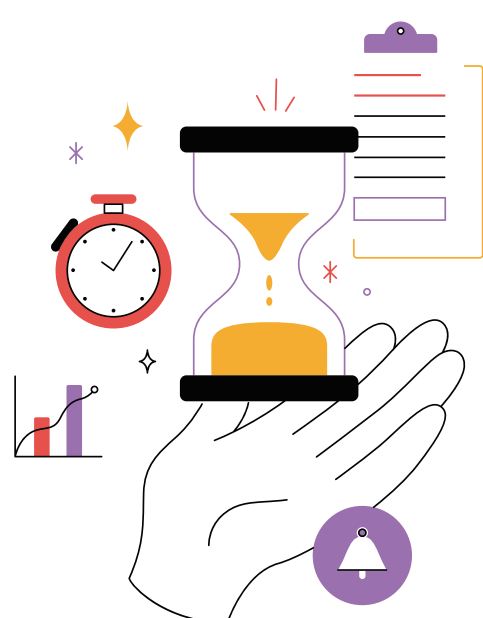
Example: Instead of “exercise more,” try “walk for 20 minutes after lunch on Monday and Thursday.”

**Realistic:** Choose something that feels manageable but still a little challenging.

**Planned:** Decide when, where, and how you will do it.

Example: “I’ll paint for 30 minutes at my kitchen table on Saturday morning.”

**Supported:** Gather the tools and support you need. Encouragement or help from others can make reaching your goal easier.



## 3 Action and Progress

Once you have a plan, take the first step! To help you stay on track:

- Write your goal down
- Check it off each time you complete it
- If you miss a day, don’t worry—just try again

Celebrate every step you take. Even small wins are a big deal!



## 4 Review and Revise

As you work on your goal, think about how it’s going:

- What’s working well?
- What could you do differently?

If it’s not working, that’s okay! Revise a new plan.

## Final Tips:

- Take one small step at a time.
- Celebrate your successes, no matter how small.
- Seek support when you need it. Your support network can help you stay on track.



# Goal Setting Worksheet

My Goal	Why is it important to me?	When will I start?	Who or what will support me?	Steps I need to take?	When will I review it?