

Goal Setting

Psychosis can stop people from pursuing their goals. Many people with psychosis just stop doing things that they normally would do such as work, school, taking care of oneself, seeing friends and having fun. Starting to do these things again may seem almost impossible. You may feel that it would require just too much effort and you may not feel motivated to start.

The key is to start slowly and set goals that you can achieve. Don't use your lack of motivation as an excuse not to start. Start by setting and achieving small goals – this will increase your feeling of confidence and motivate you to set larger goals over time.

Four Steps to Goal Setting:

1. Selecting your goal
2. Defining your goal
3. Moving towards your goal
4. Reviewing your goal

Goal setting is a skill that you will need to practice. Be patient with yourself – learning new skills takes time. Your EPI Clinician is there to help you along the way.

1. Selecting your goal

Start with smaller goals that you are likely to achieve within the next week. This will help you learn good goal setting skills. After success with a few smaller goals, you can try your skills with larger goals.

Your EPI Clinician can help you in selecting a goal but the goal that you decide on should be your own - it should be something that you really want.

Goal Setting can be useful for:

- Taking care of your health – such as losing weight, exercising regularly and quitting smoking
- Pursuing dreams – such as goals for school, work, travel and family
- Fun activities – such as hobbies, sports and recreation
- Carrying out a plan for a solution to a problem (via the problem solving method)

2. Defining your goal

The best goals are specific, scheduled, supported and realistic.

Specific

Be as specific as you can in defining your goal. A goal such as “get more exercise” is not specific. It doesn’t tell you exactly how this goal will be accomplished. A more specific way to write this goal would be to state “go for a 30-minute bike ride at the park on Monday, Wednesday and Saturday”.

Scheduled

Schedule your goal by answering the following questions:

- Exactly when will I do this? What days and at what time?
- How long will I do this for? 10 minutes or one hour each time?
- Where will I do this? In my house, at the park or at the community centre?

Supported

Think about who can support you and how they will do this. Types of support you may need include getting help finding out information, having somebody remind you, or help with transportation.

Realistic

Don’t make your goal too difficult. You want to set a goal that is slightly out of reach but achievable with a bit of effort.

Goal Setting Worksheet

Goal	How often	When exactly	Who will support me

3. Moving towards your goal

Now it's time to take action and move towards your goal. You'll want to track your progress.

The best way to track your progress is by using a calendar or day planner. You can write down your schedule for your goal and check it off each time you've done it. If you miss a scheduled time for whatever reason, then reschedule this for another time.

4. Reviewing your goal

As you are working toward your goal, review your progress regularly. Sometimes you may find that you have not made any progress toward your goal. If that's the case, don't blame yourself. There are no failures in goal setting – just redefining the goal and the steps you are taking to get there.

You should expect to revise your goals especially when first starting to practice this skill. It is challenging to set goals at the right level of difficulty and only with practice will you get better at this.