



# Setting Goals for Treatment

At the beginning of treatment, it is important to think about what you want to achieve at the end of treatment.

Goals should have a positive impact on your life. When trying to identify goals, it may be helpful to imagine **having a magic wand which gives you the ability to change anything you like. What would be different and what would this look like?** What is the minimum extent to which the goal needs to be achieved to have a positive impact on your life?

Creating S.M.A.R.T goals has been shown to improve the results at the end of treatment.

**S.M.A.R.T.** goals are:

- **Specific:** Set a specific goal with an exact description. Focusing on one thing at a time is less difficult.
- **Measurable:** A goal that you can measure will help you to track how much progress you are making.
- **Achievable:** Is the goal something you could achieve? Have you thought about the things that might make it more difficult to achieve? For example, the amount of effort, resources and other costs you would need.
- **Relevant:** Set goals that are relevant to you.. Think about the things that would make a difference to your life.
- **Time bound:** Think about what you could achieve in 12-16 weeks. Ensure your plan and deadline is realistic.

