

Goal Setting

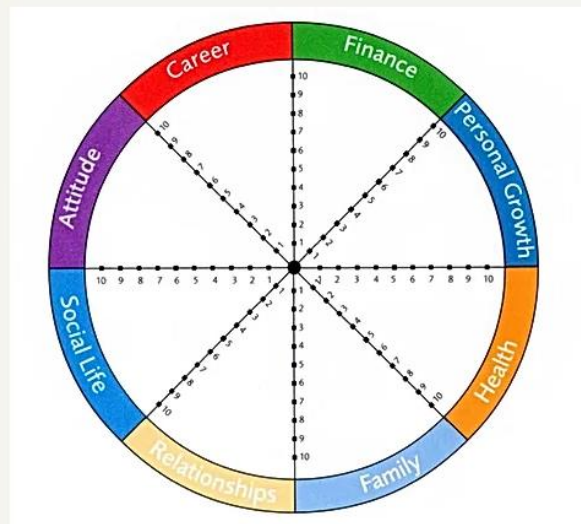
What is goal setting?

Goal setting is a powerful tool for improving mental health and overall well-being.



Here's a weekly challenge designed to help individuals enhance their mental health through goal setting

Firstly it is useful to understand the concept of SMART goals, and spend some time thinking about which areas of your life from the 'Wonky Wheel' that you would like to focus on setting some SMART goals for the week ahead.



So what is a SMART goal?

Specific – decide on a specific goal that you want to work on

Measurable – how will you know that you are making progress, what evidence will you record to show your progress?

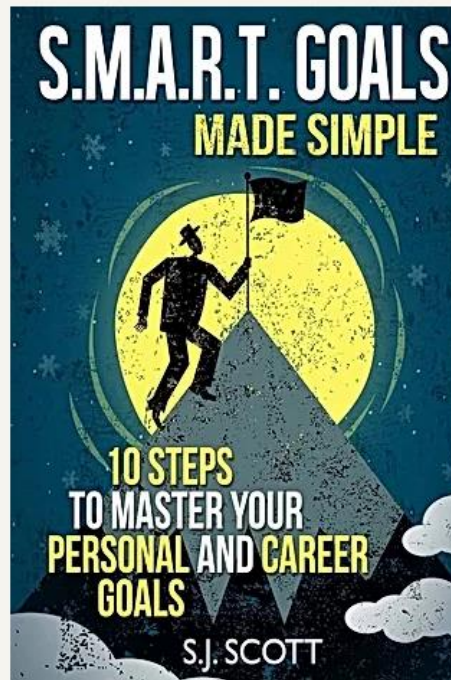
Attainable – make sure you can reasonably accomplish your goal within your timeframe

Relevant – think about how your goals align with your values, what is important to you and your longer-term objectives

Time-based – set days / times that you are going to complete each step so that you can prioritise your tasks



Reading material regarding SMART goals



The Weekly Challenge

Day one : Set your focus

Example : Choose to improve your physical fitness as the area you'd like to focus on.

Day two : Define your specific goal

Example : Define a specific fitness goal, such as "I want to be able to run a 5k race in three months."

Day three : Make your goal measurable

Example : Determine how you will measure your progress, e.g., track the distance you can currently run.

Day four : Ensure it's achievable

Example : assess whether your goal is realistically achievable based on your current fitness level

Day five : Make it relevant

Example : Reflect on why improving your fitness is essential to you, considering both your physical and mental well-being.

Day six : Set some timescales

Example : Establish a realistic deadline for achieving your fitness goal, e.g. I will run the 5k race in 3 months

Day seven : Create an action plan

Example : Develop a weekly exercise and nutrition plan that will help you work towards your fitness goal



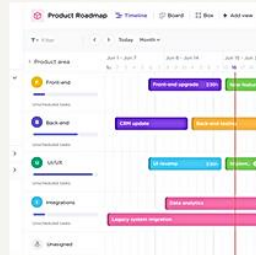
Leather bound journal

Greatness



Trello

Clickup



GoalsOnTrack

Challenging yourself to set a personal or work goal can be quite hard when you start the challenge. If this is unfamiliar for you, or feels too difficult reach out for support when facing challenges, where you can access advice or support.

Our Counsellors can provide support with this weekly challenge and in helping you to identify goals and to start working towards these.

How will you get on during the weekly challenge?

We would love to hear your feedback, your challenges, and how you overcame these. Email mentalhealthweekly@therapycentreservices.com to share your weekly goals, challenges and successes

#goalsetting #SMARTgoals #mentalhealth #mentalhealthmattersweekly

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