



A Resource for Consumers

Goal Setting

Goal setting helps you work toward what is important to you.

Setting personal goals can help you think about what you want out of your mental health wellness and your life.

This resource is provided to you as an educational resource. It is not intended as, nor is a replacement for, medical advice and treatment from your doctor.

Goal Setting



Setting and pursuing goals —big and small— is an important part of your wellness.

Setting Goals to Help With My Wellness

Wellness goals take into account aspects of your entire life, such as career, relationships, education, and physical fitness. Set goals by actively expressing your desires, hopes, values, and concerns. This may help you have a sense of control and decide what success means to you. If you need some help, there is a chart on the next page to help you figure out what is important to you.

Tips for setting and reaching goals:

- **Set goals that work for you**
Your goals should be what you want and what you think you can achieve. Break large goals into smaller ones so they are more manageable. Perhaps start with short-term goals that may be more reachable.
- **Be specific**
Consider setting goals with exact dates, times, and amounts (eg, 3 times per week), when possible. This way, you can measure how you are doing and reevaluate if necessary.
- **Prioritize and focus**
If you have more than 1 goal, place them in order of importance so you do not feel overwhelmed. Once you begin, focus on 1 goal at a time.
- **Write your goals down**
Writing out your goals may help motivate you and track progress.
- **Stay positive**
It may take longer than you'd like to accomplish goals. This is okay. Trying different strategies may help you find one that works.

Take some time to think about your life, what's important to you, and what you would like to accomplish.

Example wellness goals:

- Find a job I like
- Plan to go out with friends once per month
- Take an art class
- Attend peer support counseling every other week
- Keep my appointments
- Take a walk at least 3 times per week
- Keep up with my personal hygiene

Identifying Areas for Goal Setting to Help With My Wellness

You may find it helpful to set goals for yourself in areas of your life you would like to improve. Use the chart below to help you identify how satisfied you are in life areas. Then you can choose which areas you want to focus on to make changes and set specific goals.



How Satisfied Am I?

| Life Area | Not Satisfied | Satisfied | Very Satisfied | Does Not Apply | Notes |
|-----------------------------------|---------------|-----------|----------------|----------------|-------|
| Friendships | | | | | |
| Relationships with family | | | | | |
| Romantic relationships | | | | | |
| Relationships with treatment team | | | | | |
| Belonging to a community | | | | | |
| Spirituality | | | | | |
| Medication | | | | | |
| Education | | | | | |
| Housing | | | | | |
| Career (paid or volunteer) | | | | | |
| Money/Finances | | | | | |
| Overall health | | | | | |
| Activities/Hobbies for fun | | | | | |
| Other | | | | | |
| Other | | | | | |
| Other | | | | | |

Questions? Concerns?

**Never hesitate to ask. You have a right to know
everything about your health and your care.**

If you have any questions or concerns about your condition or your care,
ask your doctor or a member of your treatment team right away.
They are there to help you.