

My Life, My Goals

Working on your
goal – “My Plan”



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It's time to make your plan!

Choose a goal that is important and meaningful to you. You should **want** to work on this goal.

Writing your plan can help you think about the steps needed to achieve your goal. It can be overwhelming to aim for your end goal without thinking about the many steps needed to get there. This isn't like making a New Year's resolution – you want your goal to be **SMART**. Section 2 tells you about **SMART** goals.

Before you start, look at your goal again. Ask yourself:

- Is this the goal I want to work on?
- Is this goal important to me? Have you chosen this goal to please someone else? It doesn't mean this shouldn't be your goal. But it might affect your motivation
- Do I feel motivated to do some work on this goal? If you're not feeling particularly motivated choose another goal – one that perhaps makes your heart sing!
- Will I need any help? Who could I ask to support me?
- Is my goal **SMART**?

Words of encouragement

“

One of the hardest things is knowing how to start. I guess it's a bit like an author sitting in front of a blank page. That's the hardest bit - breaking that inertia. Once you get on a roll and start to be able to think around the problem - then off you go. **Chris**

“

You have to set a goal that is easy for you to achieve in a very short time. That is the kickstart. Once you have experienced that small success, the motivation will come back. **Ken**

“

If I do it myself it's my independence. I'm doing it, nobody else. I can look at something and try to plan it. If I get stuck, I can ask people. But at the end of the day I can say I've done this and I've done it myself. It's great. I'm in control of it. **Keith**

“

It's not a race.
It's a journey -
not a destination.
Sue

“

If I've done something
it's got two choices
- it either works or it
doesn't work! **Dave**

My Life, My Plan

Date:

My Goal:

This goal is important to me:

Yes

No

I feel motivated to work on this goal:

Yes

No

Who will support me to work on this goal?

What do I need to do before I start working on my goal?
What will help?

1

2

3

What could make it hard for me?

1

2

3

What can I do to get around any difficulties?

1

2

3

4

My commitment - this is what I will do

It is helpful to work through your task step-by-step. It might not take many steps, or it might take lots.

Step 1

Step 2

Step 3

Step 4

Step 5

My commitment - this is what I will do....continued

It is helpful to work through your task step-by-step. It might not take many steps, or it might take lots.

Step 6

Step 7

Step 8

Step 9

Step 10

What if My Plan doesn't go according to plan?

Often things don't turn out how we hope. The best approach is to make some tweaks and try again.

Do you need to change some of your planned steps? Did some steps work better than others?

Maybe the method you chose doesn't work for you. For example, perhaps you learn better 'by doing' rather than trying to remember?

Do you need someone (or someone else) to support you? This might just be someone who gives you motivating feedback.

Here are some of our tips for '**dusting yourself off**' and trying again.

“

Don't beat yourself up about it. It's something that happened, you tried it, it didn't work. Let's go back to the drawing board, let's start it again. Let's find something different this time that will actually work. Don't give up. **Sue**

“

Sometimes you can get really frustrated with something and you'll have to walk away for a while. It's always worth coming back and having another go, look at it from a different angle. **Chris**

“

It's not an all or nothing, it's finding that resource and that little bit of help when you need it. And not being afraid to ask for that help as well. **Ken**

“

Learn to laugh at yourself. Putting the kettle in the fridge and the milk on the kettle stand. At one time I'd cry because I thought I'm getting worse and worse. But if I did it now, I'd laugh.

Sue

“

Be kind to yourself. Just because one mishap happens it doesn't mean that's the end of the world. You need to keep it in perspective - it is simply one mishap. **Allison**

“

If you can't - move on, and say "OK, I've given it a go but I wasn't successful there. There's a hundred other things I can be really successful in changing and achieving." And that's what you have to do - you have to move on, to be prepared to move on and not get stuck in the mud with it. **Chris**



When things don't go to plan

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view video



Remember to come back to this pdf after watching the film...

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