**Goal Setting Worksheet**

The longer you have had your IBD, the more likely it is that it has affected most areas of your life. These effects can creep up gradually, without you being fully aware of how much impact the IBD has had. Take some time to think about the effects that IBD has had on your life. What are the things that you used to do and enjoy but have stopped doing because of the IBD?

WORK: What effects has the IBD had on your ability to work (paid or unpaid)?

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DAILY EXERCISE: How has the IBD affected your exercise/physical ability?

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LEISURE ACTIVITIES: Has the IBD limited your leisure activities? How?

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SOCIAL ACTIVITIES/RELATIONSHIPS: Has the IBD affected your relationships with your partner, family and friends? If so, how?

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SLEEP: How has the IBD affected the way you sleep?

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Now that you have thought about the effects the IBD has had on your life, you might like to think about how you could start to reclaim some ground. One way to do this is to set some specific goals that you would like to achieve. For example, some general goals might be to “take up fishing again”, “play with my children”, or “increase social contact with my friends”. Once you have thought about it for a while, write down as many goals as you can think of.

**TIPS FOR SUCCESSFUL GOAL SETTING**

 (1) Think about your life and what you would like to be different. Specify exactly what you would like to change. If you are feeling happier in 6-12 months, what will you be doing then that is different to what you are doing now?

(2) Write down exactly what you would like to achieve. Be as specific as possible. People who set specific goals are much more likely to succeed than those who set vague goals.

(3) Record your goals in positive terms. Instead of stating your goal as “To stop sleeping in”, rephrase it by saying: “My goal is to get up by 8.00 am every morning”.

(4) Make sure your goals are realistic and achievable. If you set goals that are unrealistic then you might just find you’re more likely to fail and to be disappointed. To ensure you’re realistic you may need to consider your financial situation, time availability, emotional resources or other circumstances in life.

(5) Divide your goal list up into “short-term” goals and “long-term” goals. Be realistic about how long it might take to achieve your goals. Often, a number of short-term goals need to be completed in order to achieve longer term goals. You can think of these as the rungs you need to climb to reach the top of a ladder. Where possible, set specific dates for completion of each goal.

(6) Break down each goal into steps. For example, if the goal is to find a new job, consider what steps you would have to take to achieve this. You might have to prepare a resume (or update an old one), speak with an employment consultant, look in the newspaper, and so on. Once again, set a date for the completion of each step.

(7) When you achieve each step or the goal itself, acknowledge it by rewarding yourself. It is important to recognise your achievements. Each step you take is an achievement, and indicates that you are on your way to achieving your goals.

**GOAL SETTING**

|  |  |
| --- | --- |
|  **What I’m doing now**  | **What I would like to be doing that I’m not already doing**  |
|  |  |
| **Short Term Goals**  | **Long Term Goals**  |
|  |  |

I will permit myself to regularly review and modify this plan as I go.

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_