



MAKING EFFECTIVE CHANGES WITH

GOAL SETTING

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Overview

TOPICS FOR TODAY

- Identify your needs
- Building motivation
- SMART goals
- Setting SMART short-term and long-term goals

LIVING LIFE TO THE FULLEST


You can't stop the waves, but
you can learn to surf.

JOSEPH GOLDSTEIN

Values

A QUICK OVERVIEW

Values
For each of these domains write a quick summary of your values, for example "to live a healthy life and take care of my body" (physical wellbeing), or "to be a good friend to people who need me, and to enjoy my time with the people I love" (friendships). Rate each domain for how important it is to you from 0-10 (0=not important).

Physical wellbeing	Family relations	Marriage / couple / intimate relations
Citizenship / community		Parenting
Spirituality		Friendships / social relationships
Recreation	Education / training / personal growth	Employment

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- Values = what we find meaningful in life
- Goals can be achieved while values are more like the direction that we want to head in life
- Values can provide motivation for action even in the midst of suffering and life stressors
- Re-direction when you realize you're off course
- You can identify your needs by looking at discrepancies between importance and effectiveness

What is your why?



MOTIVATION & COMMITMENT...

are crucial factors for anyone who is thinking about changing their behavior. Research consistently shows that these two factors strongly influence outcomes.

MOVTIVATION...

is not fixed. Some days motivation is high and some days it is low.
Natural part of change!



Building Motivation for Change

Unified Protocol, Barlow et. al

CHANGE CAN BE OVERWHELMING

- Often don't consider "all sides" of changing
- Do what they think they "should" or avoid doing things
- Can lead to giving up even thinking about change because it feels overwhelming

CONSIDER ALL SIDES

- Thinking about pros/cons
- Cost/benefit of both changing AND staying the same

CONSIDERING CHANGE IN A COMPLETE WAY

- Helps the change process feel more manageable
- Can also help you during times of low motivation

Decisional Balance Exercise

Example change: do airway clearance regularly 2 times a day to improve lung functioning

1

PROS/BENEFITS OF THE CHANGE

What would change if you were successful?

My breathing will probably improve and I might be able to do more activities

2

PROS/BENEFITS OF STAYING THE SAME

What are your reasons? How would you benefit from doing things the same way?

It would be easier to not have to figure out a way to build this into my routine

3

CONS/COSTS OF THE CHANGE

What are your reasons against changing?

If I can't keep it up consistently, I will have failed and I'll feel worse about myself

4

CONS/COSTS OF STAYING THE SAME

What are the downsides of not making this change? How would it interfere with your life?

I'll probably continue to feel this way and my life will continue to feel limited by NTM

Decisional Balance Exercise

Example change: do airway clearance regularly 2 times a day to improve lung functioning

How can you respond to the reasons you recorded for #2 and #3?

2

PROS/BENEFITS OF STAYING THE SAME

What are your reasons? How would you benefit from doing things the same way?

It would be easier to not have to figure out a way to build this into my routine

I wouldn't have to spend the time doing it but not feeling well takes up a lot of my time and energy right now

3

CONS/COSTS OF THE CHANGE

What are your reasons against changing?

If I can't keep it up consistently, I will have failed and I'll feel worse about myself

Even some more airway clearance is better than none and I don't have to be perfect to make improvements

76%

PERCENTAGE OF PARTICIPANTS WHO WROTE
DOWN THEIR GOALS, ACTIONS AND PROVIDED
WEEKLY PROGRESS TO A FRIEND
SUCCESSFULLY ACHIEVED THEIR GOALS

Setting Manageable Goals

SMART GOALS

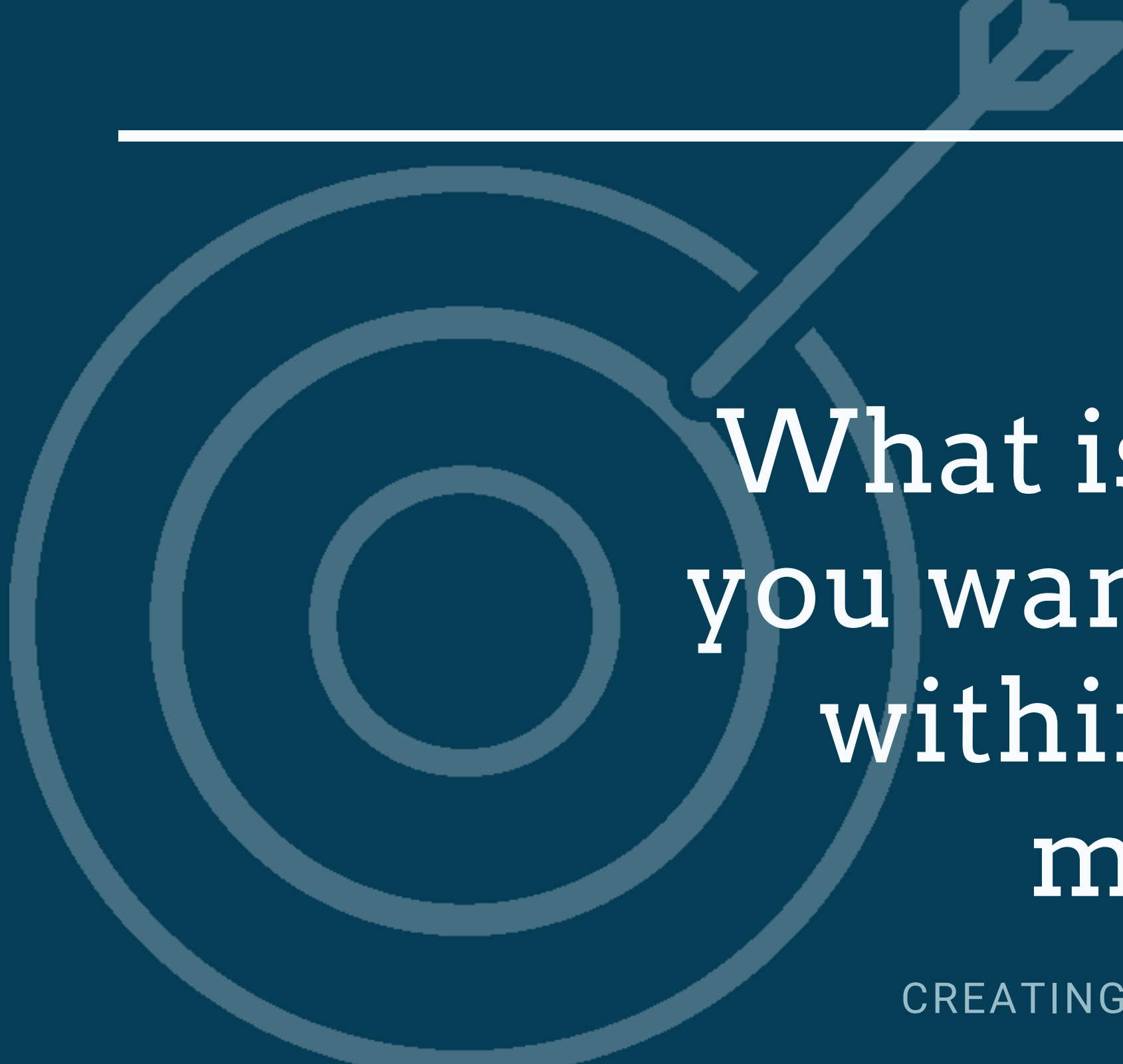
- Be SMART about your goals
- Defining your goals is key to making effective changes



Setting Goals

USING THE SMART STRATEGY





What is a goal that
you want to achieve
within the next
month?

CREATING SHORT-TERM GOALS

Specific

WHAT EXACTLY DO YOU WANT TO ACCOMPLISH?

Measurable

HOW WILL YOU TRACK PROGRESS? WHAT IS THE END RESULT?

Attainable

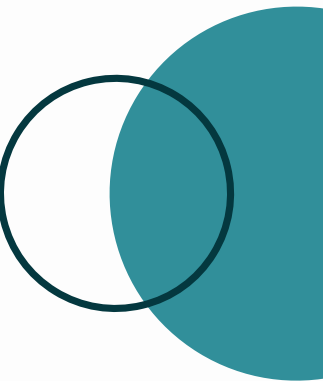
WHAT DO YOU NEED TO MAKE THIS POSSIBLE? HOW WILL YOU ACHIEVE THIS GOAL?

Relevant

WHY IS THIS GOAL IMPORTANT TO YOU?

Timely

WHEN WILL YOU HAVE THIS COMPLETED (SET A DATE)?



Break the goal down

THE STEPS

#1

#2

#3

#4

#5

#6

Barriers

PLAN OF ATTACK

POTENTIAL BARRIER

PLAN



- Find your why! Identify your needs by reflecting on your values
- Build your motivation and, remember, fluctuations are a normal part of change
- Build SMART goals to make effective changes. Reflect and redirect often!
- Consider both short-term and long-term goals

QUESTIONS?