



Setting A Reachable Goal

**Step 1: Figure out what you want to do.
It has to be something that's important to you.**

- It is helpful to do something you want to do instead of something you don't want to do (e.g. "I want to eat more vegetables" instead of "I don't want to eat junk.")
- Reaching goals is hard work. It's important that the goal is important to you, so it's worth the work.

**Step 2: If your dream is big, pick a manageable part.
This will help you to make a good start.**

**Step 3: Pick your goal and nail it down,
Stating when, what, how much, where, and how.**

Which is more specific?

1. a. I am going to start exercising more.
or
b. Starting Monday, I will exercise 3 times a week.
2. a. I want to do more pleasant activities.
or
b. I want to do at least one pleasant activity a day, even a small one that takes less than five minutes.

**Step 4: Make sure your goal is something you can manage.
I can do what I say I'm going to do.
I can also ask, beg, plead, or yell,
but I can't make others do anything.**

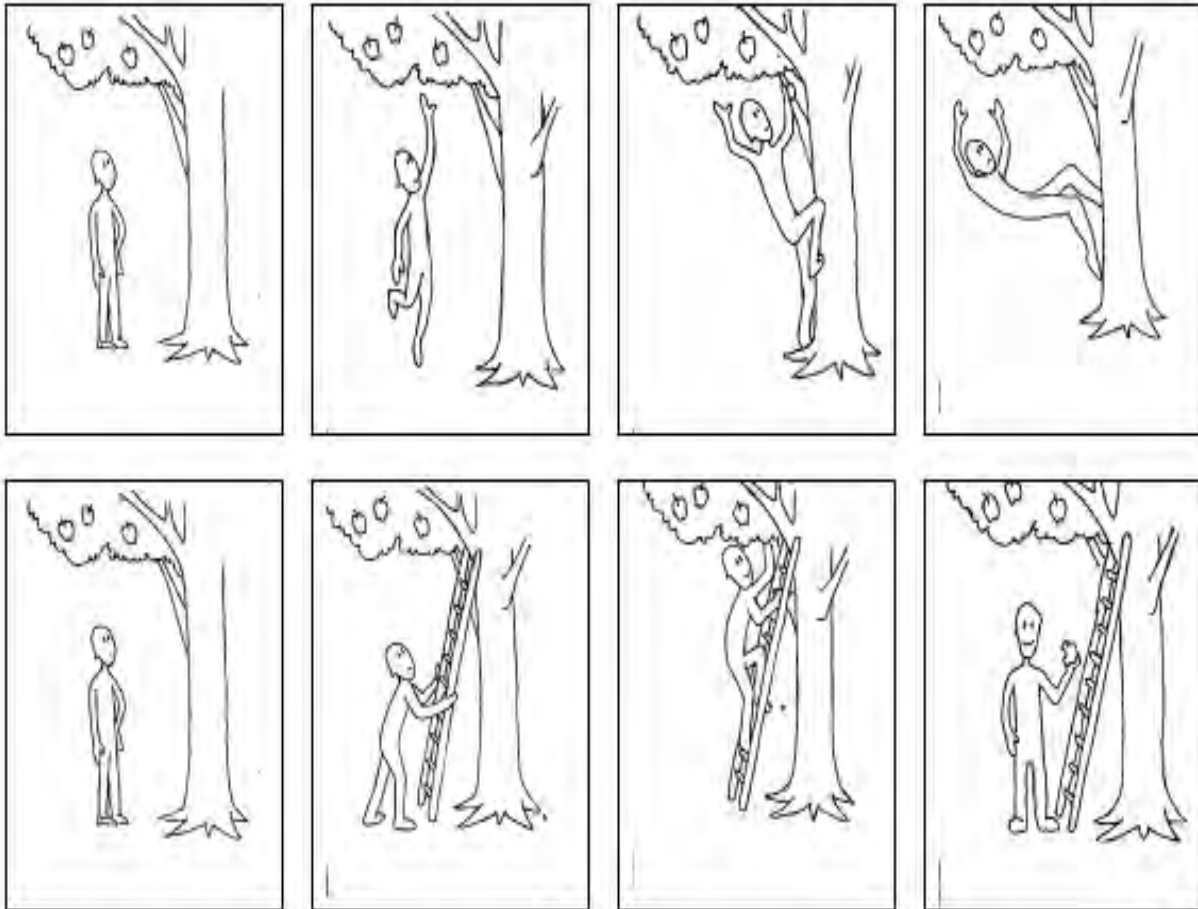
- There are many things in life that we can't control.
We can't control what other people do.
- Make sure your goal is under your control. For example, you can ask other people or talk to other people, but you can't control their actions.



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- If you do what you set out to do, you have reached your goal.
However, other people may not behave the way you want them to.

Step 5: Break your goal into steps.
You can't get to the top of the roof by jumping,
but it's easy if you use a ladder.



**Step 6: When you reach your goal or a step toward your goal,
celebrate and reward yourself.**

Note: This exercise was adapted from the Going for the Goal Program written by Steven J. Danish, et al., Virginia Commonwealth University, Department of Psychology, 1992.