



Managing your goals



SMART goals are goals that are specific, measureable, achievable, relevant and time-bound.

Setting and reaching goals is very important when you are managing a long-term condition.

Working towards the goals you have set for yourself, will not only have a positive impact on your quality of life but also help you get the confidence you need to continue making improvements.

Remember to make your goals SMART, for example, “starting next week, I am going to do some form of cardio for at least 30 minutes, at least 3 days each week.”

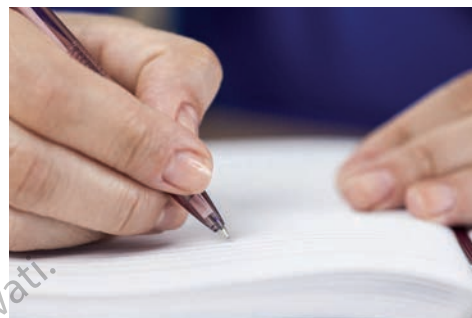
All of these things make goal-setting worthwhile. However, when you have several goals to manage, it can be difficult to keep track of everything you are supposed to do, and that can feel quite stressful. Luckily, there are easy ways of managing your goals. Please read on to find out more.



Self-monitoring

Having goals that are SMART helps you to see the progress you are making, and this in itself can increase your motivation and boost your mood. To make the most of this, it's helpful to keep your SMART goals written down, and in a place where you will see them often.

If you keep a diary and keep track of your goals every day, you can look back over this from time to time and see how well you are doing and how far you have come.

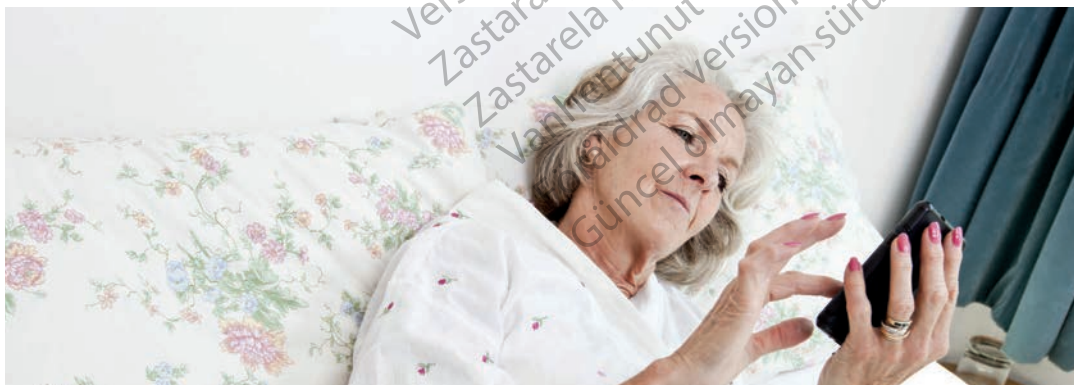


123

Making life easier

It is easier to manage your goals and treatment if you put some systems in place to organise this. Organisation is particularly helpful if you often forget things, or feel tired a lot. Here are some things you can do:

- **Set reminders for important events**, such as taking your medicines or doing your self-monitoring. Some people use the alarm on their mobile phone, but having sticky notes in prominent places, or a calendar that you look at every day, can work just as well.
- **For each task, set up two reminders.** That way if one reminder fails (if you misplace your phone, for example) then you have a back-up. So perhaps you could set alarms on your phone and ask a family member to remind you, or use both a calendar and sticky notes?



- **From time to time, review your SMART goals and make sure they are still relevant.** Your needs will change over time, and as you achieve your goals it may be sensible to replace them with others. If you are at all unsure, have a chat with your healthcare team.



Remember to monitor and record your symptoms. Keeping a diary can help you to assess your progress towards your SMART goals, and act as a reminder for you to carry out your self-monitoring and treatment.

If you happen to have an urgent medical concern, please call your doctor, go to your local emergency room, or call your local Emergency Contact number. Remember, your doctor is your primary source for information on your condition and treatment. Be sure to speak with them if you have any questions or concerns.

References

1. Kim G, Tan CS, Ng JY et al. Goal-directed program after sleeve gastrectomy improves weight loss. *Surg Obes Relat Dis* 2015 Nov 19 (Epub ahead of print).
2. Jirayee N, Sidat ZD, Zamani A, Taleban R. Comparing of goal setting strategy with group education method to increase physical activity level: a randomized trial. *J Res Med Sci* 2015 Oct; 20 (10): 987-93.
3. Gardner T, Refshaug K, McAuley J et al. Patient led goal setting - a pilot study investigating a promising approach for the management of chronic low back pain. *Spine* 2016 March (Epub ahead of print).