

Patient Self-Management: Individual Goal Setting

Goals need to be based on something that is meaningful to you and something that you want to achieve. Remember when setting goals to make them SMART:

Goal	Specific- What, How, Where	Measurable	Attainable	Relevant	Timely
<i>Example- to eat more vegetables</i>	What? - 2 portions of fruit/vegetables How? - include in meals such as berries with breakfast and at least one portion of veg with every meal Where? - home, restaurants, friends etc	<i>Eat at least 2 portions of veg 5 days a week recorded on action plan. To maintain initially for a period of one month</i>	<i>Yes It is not unrealistic to add 2 portions of fruit or vegetables to my daily routine</i>	<i>Yes This will improve my eating habits and will benefit my health and symptoms of my long term condition</i>	<i>To be achieved by May 2016</i>