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Setting Targets

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Setting Targets For Treatment

What is The Purpose of Setting Targets?

Setting targets is a very important part of your treatment programme, as it will help you to focus on what you would like to work towards during treatment. These targets are for the longer term, rather than something you want to achieve immediately. Before setting your targets, it is advisable to have a good hard think about your lifestyle, and consider what changes you would like to make, in order to make the best of your life. You may feel that your life is too orientated to your work, studies, caring for your children etc, and that you have little time for relaxation activities, family, relationships etc.

EXAMPLES OF TARGET AREAS

1. WORK

Due to your illness you may not be working, and may feel that you would like to return to your previous job, do some part time work, do an educational course to enable you to choose a different career, or do some voluntary work.

2. RELAXATION ACTIVITIES

You may find that due to your lifestyle, you have very little time for relaxing and would like to plan time for pleasurable activities such as:- hobbies; meeting friends; going out with your partner/family.

3. EXERCISE

Prior to your illness, you may have been doing a lot of regular exercise that you are now unable to do, or you may feel that you have never been particularly fit, and have always wanted to do some regular exercise. You therefore might like to include a particular type of exercise as a target.

4. CHORES/DIY/GARDENING

You may find that some of these areas have become neglected, and would like to plan for a regular time to do them.

5. MISCELLANEOUS

If sleep is a major problem, you may target a specific getting up time/going to bedtime.

IMPORTANT FACTS ABOUT TARGETS

1: YOU SHOULD PLAN A VARIETY OF AT LEAST 4 TARGETS

It is important that you have different types of targets to work towards, to make your life more balanced. Rather than working in one particular direction, e.g., work, chores, exercise, etc, you should ensure that your targets contain a mixture of activities.

Remember that pleasurable activities are as important as work, chores etc. Ensure that not every area in your life becomes 'driven' or 'ambition orientated'.

2: TARGETS SHOULD BE REALISTIC

It is important that you set yourself realistic and achievable targets. For example, if you have not worked for the past 10 years, it would be better to set yourself a target of part-time work, or voluntary work, rather than full-time work.

You will be able to upgrade your targets once your initial ones have been achieved.

3: TARGETS SHOULD BE SPECIFIC

Targets should be clearly defined, to enable you to be specific about what you are working towards. It is important that your target statement contains the following information, wherever possible:

- a. The activity that you wish to perform.
- b. How often you would like to carry out the activity.
- c. The length of time to be spent on the activity.

EXAMPLES OF CLEARLY DEFINED TARGETS

- To speak to your manager once a week.
- To go out with friends weekly for up to 3 hours.
- To swim twice weekly for half an hour.
- To do a skilled base course weekly.
- To do gardening x 3 weekly for half an hour.
- To spend 1 hour daily on my hobby (specify the hobby).
- To do 1 hour of chores daily, e.g. Ironing, washing, cleaning.
- To work part-time in my trained profession.
- To have 2 breaks at work of a least 15 minutes on each day.
- To sit and read the paper/magazine for half an hour daily.
- To get up by 9am each day.

EXAMPLES OF NOT CLEARLY DEFINED TARGETS

- To go to work. (No frequency or duration specified)
- To go out more socially. (No frequency or duration specified)
- To be more active. (No activity, frequency or duration specified)
- To feel better. (No activity, frequency or duration specified)

STEPS TO SETTING TARGETS

1. Write down a list of what you would like to work towards during treatment.
2. Prioritize your list into 4 target areas (work, social, exercise, reading).
3. Write down at least 1 target in the space provided for each target area on your target sheet. Your target sheet can be found in your folder.
4. Measure your target by using the scale at the bottom of your target sheet.

Remember, targets should be varied and clearly defined.