

Taking Steps Toward Your Recovery Goals



Support and Information for Schizophrenia

Mental health recovery is an ongoing process, not a single outcome. Each person's recovery experience is unique. By making a personalized, inclusive plan for managing a mental health condition, a person has the best chance of living a meaningful life.

The Topic

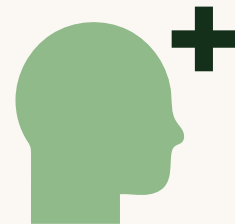
Goal Setting

is the process of planning for the future and thinking about what you want out of your life and your recovery.



This issue of Hope For Schizophrenia provides you with information and exercises to help you build goal-setting skills.

For many people, it can be helpful to set and work toward personal goals—big or small.



Dealing with a mental health condition can take up a lot of time and energy. Sometimes, it's easy to get so caught up in managing symptoms and overall health that you lose sight of the bigger picture and forget to think about what **YOU** want out of **YOUR** life.



Setting goals allows you to define what is important to you and how to work toward achieving these goals with the least amount of stress.



Snapshots

Set clear goals.

People who are most effective at getting what they want usually set clear goals for themselves.

Break down big goals into smaller ones.

This can make goals feel more manageable and easier to achieve.

Choose goals that are important to you.

Make your goals public.

Writing down goals or sharing them with your treatment team can increase your level of commitment.

Set reminders.

If one of your goals is to do something regularly (like go on a walk, attend a support group, or take your medication), set an alarm on your phone or clock, or write a reminder in your calendar.

Keep goals SMART:

Specific

Measurable

Achievable/Attainable

Relevant

Time Trackable

Goal Setting

& My Recovery

Why set goals?

Learning how to set clear goals and achieve them can help you live the life you want while managing your mental health recovery.

When you set your own goals, you decide what's important and what success looks and feels like to you.



You may want to begin thinking about some of these questions:

- Would you like to take classes?
- Are you satisfied with your current living/housing situation?
- How do you feel about your personal relationships?
- Does your medication and treatment plan meet your needs?
- How is your financial situation?

Getting started: Choosing goals

It can be helpful to think about:

- 1 What's important to you
- 2 What you want to accomplish
- 3 What you want out of your life

Choosing Your Goals

Now that you've asked yourself these questions, this chart can help you to identify how satisfied or happy you are in these life areas. Then you can decide in which areas you want to make changes and set some new goals.

It could be helpful to work with your treatment team if you would like some additional support with this exercise.

How Satisfied or Happy Am I?

Life Areas	Not Satisfied	Satisfied	Very Satisfied
Housing			
Doctor/treatment team			
Medication			
Education			
Work (paid or volunteer)			
Money/finances			
Relationship with family			

Life Areas	Not Satisfied	Satisfied	Very Satisfied
Relationship with friends			
Romantic relationships			
Belonging to a community			
Overall health			
Fun/hobbies/enjoyment			
Spirituality			
Other			

These are 3 life areas in which I would like to improve or set a new goal:

- 1 _____
- 2 _____
- 3 _____

Goal Setting



Worksheet

This worksheet can help you set new recovery goals that are meaningful and important to **YOU**. Fill it out yourself or with a member of your treatment team.

It may be helpful to start with a **short-term goal** (one that can be achieved in the next 3 months) before looking at a **long-term goal** (one that may take several months or even years to accomplish).

Example:
Life area to improve:
Overall health
My chosen goal:
Lose 5 pounds
Step to reach goal:
Take a walk 3 times a week with my friend

Life Area to Improve:

Possible goals	 Pros	 Cons
1		
2		
3		

My Chosen Goal:

Steps I can take to reach my goal	By when	Who can help	
1			
2			
3			
4			
5			
6			

Follow-up: Have you reached your goal? If not, try to create a new plan.

Goal Setting

Working With Your Treatment Team

Making decisions together

Partnering, participating, and communicating with your treatment team during the recovery process are all parts of **making decisions together**. Your recovery can be more focused on your needs, your preferences, and what is most important to **YOU**.



Get support.

It's not always easy to reach a goal—so some people appreciate help. Think about which person from your treatment team you want to build a partnership with.



Communicate.

Talking about your goals can help you realize how far you've come and deal with any challenges you are facing.

If you are having a hard time, don't be too discouraged. Talk to someone on your treatment team, who may be able to help you to figure out a new plan.

Track your goals together.

Keep track of the progress you are making toward your goals with your treatment team member. Share successes and challenges and give yourself credit for achievements—big or small.

Have hope.

Having hope and thinking positively can help you to deal with challenges and inspire you to achieve your goals.

Steps for Success



Setting goals can help you focus on what is important to you.



Break down big goals into small, manageable ones.



Work with your doctor or treatment team on setting goals. Keep track of your progress.



People who are most effective at getting what they want usually set clear goals for themselves.

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