

Setting Goals: The following ideas might help you

State each goal as a positive statement



Express your goals positively—"Have enough energy to take care of my daughter" can be more motivating than a goal of "Be less depressed."

Dream big and break it down



It is important for all of us to allow ourselves to dream. Dreams give us hope, and hope fuels our recovery. But dreams don't happen overnight. It takes hard work, time, planning, and achieving short-term objectives to make it to the end result. Break big goals into smaller ones, and dive in one step at a time.

Stay positive with yourself



Sometimes as we are working toward a goal, unexpected things may happen. We might lose sight of our goal and get off track. We might find that this goal is not what we really wanted after all. We are allowed to make mistakes and change our minds about goals. Running into problems may not always feel good, but it allows you to learn more about what is important to you. Ask yourself: What about that goal wasn't working? What changes can I make? What supports do I need if/when I try again? What is my plan?

Set priorities



When you have several goals, decide which are the most important ones and which can wait. This helps you focus on the most important things in your life. Don't try to tackle too much at one time!

Be true to yourself



A goal is based on your hopes and dreams, and not those of others (like parents, society, or even your providers). Sometimes people can have strong opinions and push their ideas of what they think your goals should be onto you. It's ok to listen, but be sure that your goals reflect what you want to achieve.

Believe in yourself



Believing in yourself and having the hope that you will achieve the goals you set is half of the battle. You are the expert in your life and your recovery.

Write goals down



This can make them more real and can give them more weight and meaning. Organize your thoughts ahead of time and be firm with your team about what is most important to you.