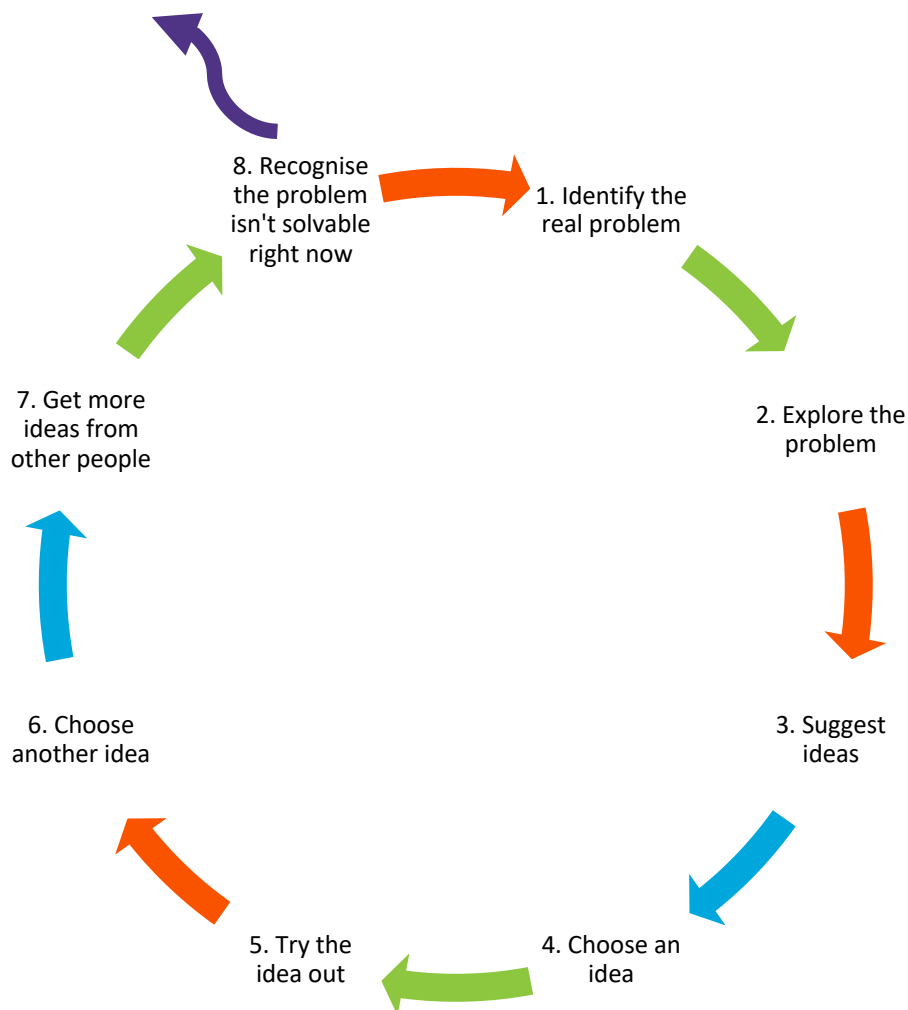


Workshop 4: Goal Follow up

Once we have set a goal it is important that we follow-up on how we are getting on. We may have goals we have agreed with our health care team, or goals we have been setting ourselves. Following-up on a goal we set earlier allows us to reflect on our success, learn from how we went about it and consider any problems we met along the way.

Goals and our plans don't always go as we would wish, so we may need to do some problem-solving. The problem-solving cycle provides a simple approach to this.

The problem solving steps:





To help with problem-solving ask:

Identify: What was it that really stopped me with my goal setting plan?

Explore: Why did that problem happen? How did it happen? Was the goal important enough to me?

Suggest Ideas: What could I have done differently? Who/what might have helped me?

Choose an idea: Which of these ideas will most help me to be successful?