

GOAL SETTING

COPD Community Exercise Clinic

Goal setting is an important component of COPD self management as it helps you prioritize what is important to you. Effective goal setting allows you to measure progress and overcome procrastination.

Selecting a Goal

What do I want to achieve?

How important is this goal to me?

How confident am I that I can achieve this goal?



Set Your Action Plan

An action plan acts as a framework for achieving your goal. When creating an action plan consider the following questions:

- What can I do this week?
- How much am I going to?
- When am I going to do it?
- How often am I going to do it?
- Where am I going to do it?

Measure your Confidence and Importance

Confidence Ruler



Importance Ruler



Staying On Track

- ⇒ Write down goal
- ⇒ Outline action plan
- ⇒ Complete action plan
- ⇒ Review action plan:
- ⇒ Identify challenges
- ⇒ Recognize accomplishments
- ⇒ Set new goal/action plan

