



# Setting goals to help you stay on track



# Setting your lifestyle goals



Your doctor may have advised you to make some changes to your lifestyle to help you manage your condition.

You may be wondering where to even begin? This is where goal setting comes in. Setting even small personal goals can help you make these changes. To help set yourself up for success, think about what you are aiming for, how you will get there, and the new possibilities that achieving your goal may bring.



This workbook is designed to help you achieve your goals by taking you through the steps to effective goal setting.

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## Now let's get started!

# Where to start?

A goal can be about anything in life, as long as it is something you set to achieve within a timeframe. Before we get into setting actual goals, take a look at the diagram below to see if any of these areas inspire you. Remember that you can always come back to this guide to set new goals for yourself once you achieve the others you've set.

## YOUR CONDITION

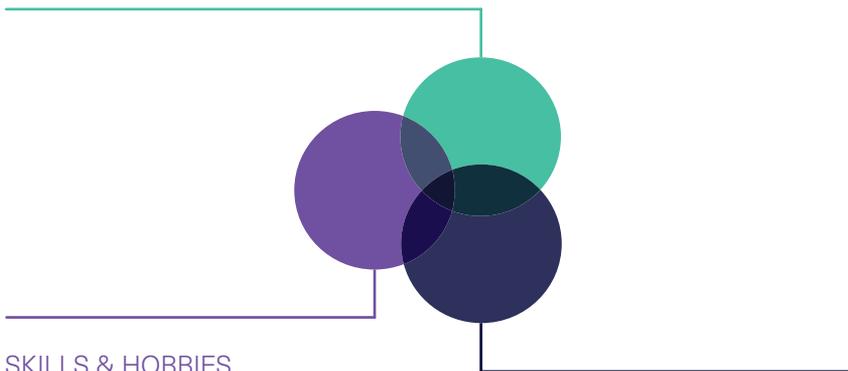
Expand your knowledge

## WEIGHT MANAGEMENT

Eat a balanced diet, exercise more, start swimming regularly

## SMOKING

Plan to quit smoking



## SKILLS & HOBBIES

Take up gardening, take a pottery class, learn a new language

## MOOD

Keep a mood diary, open up about how your condition makes you feel with a friend, help another patient by sharing your experience (e.g., online or at a meet-up)

## SOCIAL

Set aside time to see friends, prepare a meal for loved ones, join a condition-specific support group, organize a meet-up

## MINDFULNESS

Take up yoga or meditation, start doing gentle stretching in the morning

## DIGITAL DETOX

Spend less time on social media, decrease screen time, spend more time outdoors

## STRESS LEVELS

Get more sleep, try breathing techniques

# Questions to ask yourself

Before you begin creating your own goals, ask yourself:

- What matters most to you in life?

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- How would you like for things to be different?

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- What would you like to be able to do in the future that you cannot do right now?

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- What is more important for you right now in terms of your condition and treatment?

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# Setting SMART goals the simple way

Goals come in all shapes and sizes and include both short-term and long-term goals, e.g., making dinner, versus joining a book club or exercise class. Whatever your aspirations may be, having a clearly defined plan could help turn your ambitions into reality. Research has shown that having actionable plans for achieving your goal makes you more likely to succeed.

Good goal setting means taking your own limits and needs into account. This will make it more likely for you to achieve the goals you set. Everyone is different, and what might be a short-term goal for you could be a long-term goal for someone else.



**Specific:** General goals like "I want to be healthier" aren't clear enough to work on. Be specific when thinking about the next step you want to take. *I want to eat more fruit and vegetables.*



**Measurable:** Make your goal quantifiable, and something you and others can observe, so you know that you're making progress. *My goal is to eat the recommended five portions of fruit and vegetables a day.*



**Achievable:** Something that is possible and realistic. It doesn't have to be easy; just make it doable. *I can ensure that I add one portion of fruit to my breakfast and two portions of vegetables to my lunch and dinner.*



**Relevant:** Your goal should be something you really want that would make life better for you or others. Try to state it as a positive change – something you want to increase, improve or strengthen. *It will make me look and feel healthier.*



**Timely:** Keep your timeline realistic. Think about when you will start and attach specific dates to your goal. *I'll start off slowly, aiming for three days a week of healthy eating, then build up to getting the recommended portions of fruit and vegetables every day within the next two months.*

Remember to celebrate the successes along the way, whether these are smaller, short-term goals, like learning a new recipe, or bigger, longer-term goals, like losing weight or learning to play an instrument. You could reward yourself as you achieve each goal with things like a candlelit bath, going out for a nice meal, or treating yourself to a new book.

# Planning your goals

## Goal 1

What is your goal?

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Is it a short- or long-term goal?  short-term  long-term

**Strategy:**  
How are you going to achieve it?

Advice from your doctor:

**Action plan:**  
What steps do you need to complete?

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Motivation:** Why does achieving this goal matter to you?

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**Any blockers:** Is there anything that could stop you from achieving your goal?  
Have you asked for your doctor's advice?

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Start date: \_\_\_\_\_ Due date: \_\_\_\_\_

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How will you celebrate once you reach a milestone or achieve your goal?

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## Goal 2

What is your goal?

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Is it a short- or long-term goal?    short-term    long-term

**Strategy:**  
How are you going to achieve it?

Advice from your doctor:

**Action plan:**  
What steps do you need to complete?

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**Motivation:** Why does achieving this goal matter to you?

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**Any blockers:** Is there anything that could stop you from achieving your goal?  
Have you asked for your doctor's advice?

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**Start date:** \_\_\_\_\_ **Due date:** \_\_\_\_\_

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How will you celebrate once you reach a milestone or achieve your goal?

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## Goal 3

What is your goal?

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Is it a short- or long-term goal?    short-term    long-term

### Strategy:

How are you going to achieve it?

Advice from your doctor:

### Action plan:

What steps do you need to complete?

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**Motivation:** Why does achieving this goal matter to you?

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**Any blockers:** Is there anything that could stop you from achieving your goal?  
Have you asked for your doctor's advice?

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Start date: \_\_\_\_\_ Due date: \_\_\_\_\_

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How will you celebrate once you reach a milestone or achieve your goal?

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Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success.

– Pablo Picasso  
Spanish Painter

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## AbbVie Care Support Program

Do not hesitate to contact us if you have any questions!

### Stay connected

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