



Goal Attainment
Motivation



Change

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GOALS CAN BE:

Cognitive

Mental Skills
(knowledge)

Affective

Feelings
Attitude
or
Self

Psychomotor

Manual
or
Physical Skills

QUESTIONS TO ASK YOURSELF WHEN GOAL SETTING

- 1 What does your preferred lifestyle consist of?
- 2 What are your goals & what influences them? How will you obtain them? (who will do what, what & how resources will be needed, what is your timeline?)
- 3 Who or what does your support network consist of?
- 4 What issues have or may arise in your goal attainment? How can you address them?
- 5 How can you track your goal attainment progress?
- 6 How do you know when a goal or timeline needs to be adjusted or when it has been achieved?

SMART GOAL CONSIDERATIONS

What behavior must be exhibited, how often, over what period of time, & under what conditions to demonstrate achievement of the goal?

How will progress be measured?

When, how often, & on what dates/intervals of time will progress be measured?

Partializing Techniques

- 1 Prioritize concerns/goals
 - 2 Identify goals easier to achieve first
 - 3 Use Maslow's Hierarchy of Needs to identify pressing needs
 - 4 Break down goals into less overwhelming & more manageable components
 - 5 Distinguish goals that need more immediate help from those that can be addressed later
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MODES OF CHANGE

Change of Larger Systems

Change of Individual Thoughts

Change of Individual Actions

Methods of Engagement & Motivation

Identify what needs to change. What does your daily life consist of? What is your satisfaction with your current situations?

Recognize consequences of current behaviors & conditions that contribute to dissatisfaction

When were things better? What does your life look like with fewer stressors?

Create an atmosphere conducive to change & nurture change to rise from within

INDICATORS OF **MOTIVATION**, **RESISTANCE** & **READINESS** TO CHANGE

Resistance

Shame/Guilt

Fear of Change

Unclear Expectations

Benefit from Problems

Barriers or External Factors

Invalidating Thoughts or Experiences

Feeling Unsafe or Disconnected (with self or
others)

Lack of Understanding (by self & others)

ADDRESSING **RESISTANCE** & **BARRIERS** TO CHANGE

- Identify your strengths, needs & barriers
 - Visualize an ideal life & circumstances for yourself
 - Identify your stage of change, willingness & ability to change (precontemplation, contemplation, preparation, action, or maintenance)
 - Identify what you want to change, why you want to change it, how it has served you & how it no longer serves you
 - Be patient & kind with yourself, maintain room for exploration & understanding through reflection, discussion & connection
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