

Occupational Therapy Department

Rheumatology - Goal Setting (Fibromyalgia Group)

1. Choose a goal you are interested in achieving in the coming week. Be realistic and break longer term goals into shorter term bite sized pieces.
2. Think about how you will achieve this goal. The more specific you are the more likely you are to achieve it.
3. Share your goal with the group and at least one other person.
4. Write your goal down in your diary (in the box called 'Activity of your Choice') and tick when you have achieved it in the table below.
5. Think about how you will reward yourself when you have achieved your goal.

Weekly action plan checklist:

- Decide on a goal – what you want to do.
- Breaking a goal down into bite sized pieces – work on one step each week.
- Make each step something you are confident you can achieve.
- Be specific – state what you will do, when and how often.

Questions to review your week:

- What made things better?
- What did I do well?
- What difference did it make?
- What can I continue to do more of?



Patient Information

For further information, please contact the Occupational Therapy team on 024 7696 6016.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6016 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Did we get it right?

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