

SETTING GOALS



When in hospital it can be helpful to take things
just one day or one week at a time.

In taking an active part in your own recovery it can be a good idea to look back at how things have gone to see if there are things that you can learn from what has happened and use this information to set goals for the future. Use this tool to help you do this.

Things that went well last week:

Because:

Things that didn't go so well last week:

Because:

My goals for next week are:

Things that will help me reach these goals:
