

- Goal setting is a tool that can help in a lot of different ways after mild traumatic brain injury (mTBI) and concussion. Goal setting:
 - Allows you to focus on what is important
 - Lessens stress
 - Helps you to get more done
 - Improves motivation
 - Increases self-confidence
- Goal setting involves different steps:
 - First, think about what you want to accomplish in the future.
 - Then, find ways that you can work towards those goals now.
 - Next, write down specific things you want to accomplish in a short period (in 1 or 2 weeks).
 - Finally, create a routine to check on how you are doing in meeting your goals.
- You can use the **SMART** method as a guide to create and set your own goals:
 - Specific:** Set clear and specific goals so that you know what you want to do.
 - Measurable:** Write goals so that you can easily measure your progress and know when you have met a goal.
 - Attainable:** Set goals that you can accomplish. Focus on goals that you can meet in the amount of time you have and how you are feeling.
 - Relevant:** Pick goals that are important to YOU. Choose goals that will improve your life or make you happy.
 - Timely:** Set a specific time when you want to finish your goal.
- To see if you are using the **SMART** method to set goals, ask yourself these questions:
 - Specific:** Does my goal clearly say what I want to get done?
 - Measurable:** Does my goal say how much, how many, or how often?
 - Attainable:** Can I meet my goal in the amount of time I have? Will I be able to get the support I need to reach my goal?
 - Relevant:** Is this important to me? Will this improve my life or lead to happiness?
 - Timely:** Is there a time limit on when I will get this done?
- Here are some other strategies to help you set goals and stick with it:
 - Write down your goals and put them in a place that you will see them every day.
 - Check in on your goals often to see what is working and what isn't.
 - Set aside a time to look over your goals every week.
 - Think about if you met your goals or if you didn't meet them.
 - If you didn't meet your goals, think about what got in the way and what you would do differently in the future to meet your goals.
 - Add writing and checking goals into your daily routine so that it becomes a habit.
 - Consider using technology, like a smart phone app, to be organized and to remember your goals.
 - Let family and other people in your support system know about what you are working on and tell them how you can be supported in meeting your goals.
 - Prioritize your goals by what is most important to you if you have too many.



- Here are some **SMART** goal examples to help get you started with goal setting:
 - *To improve sleep, this week I will:*
 - go to bed at 10pm 5/7 nights
 - practice meditation before going to bed each night
 - *To practice taking more breaks for active recovery, this week I will:*
 - take a short break every 20 minutes while I am studying for school
 - add a reminder in my phone to take a 5-minute break after each Zoom meeting at work
 - *To get back to exercise and activity in a healthy way, this week I will:*
 - walk for 30 minutes 3/7 days
 - try 1 online Yoga class

Additional Comments: