

# EFFECTIVE REHABILITATION GOAL SETTING

Putting YOU at the centre of your rehabilitation and results

## WHY DO YOU WANT REHABILITATION?

Find what motivates you. Be specific!

Ask:

1. What can't I do, that I want to do?
2. What can I do, but I want to do better?
3. "I want to... SO THAT I CAN..."



## SHARE IDEAS

Now it's time to collaborate with your rehabilitation team. This includes family, friends, therapists, medical professionals, and anyone else that you want involved. Get ideas for goals from a range of sources.

## WRITE IT DOWN

After you've gathered your ideas, it's time to make a plan. Your therapist/s will help turn your ideas into SMART goals = "specific, measurable, achievable, relevant, and time bound". Your SMART goals and rehab plan should be designed by you, for you, and focused on what matters to you.



## GET ACCOUNTABLE

You've got the SMART goals. Now it's time for the treatment that will help you achieve these goals. It can be hard to stay motivated and focused during treatment. Use your goals to keep you ON TRACK and use your therapist to keep you ACCOUNTABLE.