DBI Tool 5: Practitioner Guidance Notes

SMART GOALS

What is this tool?

This tool supports people to make goals that are SMART. These are goals which are specific in terms of what the person wants to achieve, measurable so the person knows they have achieved them, attainable so the person can create realistic goals, relevant so the goals can help with decreasing a person's distress and timed, involving the setting of a time frame for when they want to achieve their goal or goals.

Who is this tool for?

This tool is for people who are looking to change their behaviour to decrease their levels of distress. It can be used with people who are referred to DBI Level 2 who feel unable to achieve their desired goals or have goals they would like to achieve but are unsure about how to do so.

How can this tool help?

This tool can help people to create goals that are specific, realistic, and relevant to them. It is common for individuals to think of a goal and try to implement it, however sometimes these goals are too vague and unrealistic.

By encouraging people to answer the questions which comprise the SMART goals technique, it can encourage them to think carefully about their goal and ensure it is achievable. Creating a detailed plan of what they want to achieve can make them more likely to achieve their goal.

When can I use this tool?

This tool can be used to encourage people to set goals that are more helpful and achievable. It is suitable for a person referred to DBI Level 2 who is trying to set a goal or make a desired change in their life. It is important that people think of their own SMART goals and the Level 2 Practitioner supports the person through their journey of developing their SMART goals.

This tool can be used to develop a behaviour change goal relevant to the person's distress. This will be helpful for developing D-MaP Part B when identifying potential solutions to a problem or a challenge and developing an action plan.

5. SMART GOALS

This tool can be used if you are trying to set a goal or make a specific change in your life. Sometimes we set goals which are not relevant to us or are unrealistic.

By using SMART Goals, we can create goals that are Specific, Measurable, Attainable, Relevant and Time-based. Using SMART goals has been found to be more helpful and more achievable than setting a standard goal and expecting yourself to achieve it, which can be difficult and can lead to feelings of failure. Have a look at the example below using SMART Goals.

Goal: I want to eat healthier. For example, eating more fruits and vegetables as I often feel very tired and do not have energy.

Now think about this goal and have a look at the example below which uses SMART Goals.

Specific: I want to eat five portions of fruit and veg per day (I can spread this across breakfast, lunch and dinner).

Measurable: I will purchase enough fruit and veg for the week and portion this out for each of my meals and for the week ahead.

Attainable: I have control over this as I usually do my shopping on a Sunday for the week ahead. This time I will focus my efforts on planning my meals and purchasing fruit and veg, rather than junk food.

Relevant: This will help with my distress because I have noticed when I do not eat healthy, I tend to feel I have limited energy and often feel tired. By eating five portions of fruit and veg per day I will feel happier and have more energy to engage in work and social activities.

Time-based: I want to achieve this by the time I start University in September, so I have more energy for my studies.

5. IS MY GOAL S.M.A.R.T.?

GOAL:

Specific: Exactly what do I want to achieve?	**M**easurable: How will I know I've achieved it?	**A**ttainable: Do I have control over it, is it realistic?	**R**elevant: Why will this help with my distress?	**T**ime-based: When do I want to achieve this by?