

Emotional toolkit:

Aims and goal planning

Deciding on your goal or aim isn't always easy when you are affected by lymphoma.

You may want to start with something you used to do or enjoy, or you may want to try something completely new. Whatever you choose, making your goals 'SMART' can make them more relevant and achievable *for you*.

SMART goals follow these guidelines.

- Specific** for example 'walk for 15 minutes, twice each week' so you can see your achievement clearly.
- Measurable** making your goal measurable 'twice each week' means you can track your progress.
- Achievable** your goal needs to be something you can manage. For example, you may have a long-term goal of going out walking for a full day. However, if you are struggling with fatigue, a more achievable aim might be to walk for 15 minutes, twice each week, and build up from there. Importantly, this also moves you toward the long term-goal.
- Relevant** it is important that your goal or aim is something that really matters to you. For example, if being active is something that is really important to you then the goal 'walk for 15 minutes, twice each week' is good. However, if what matters to you is enjoying nature your aim might be to volunteer once a month at a school nature club or a nature reserve.
- Timely** make sure now is a good time to be working toward this particular goal. For example, if you have just started treatment you may not want to commit to volunteering.

Identify the steps

Goals and aims are easier to achieve if they are broken into smaller steps.

- It's important to keep each step small and to recognise that each step is an achievement in itself. This will really help with your motivation.
- As well as asking yourself 'what would be the very first step', its important to think about 'what and who could help me with this goal' and 'what are any obstacles or barriers' and to write these down.
- Rather than being negative, this is planning and problem-solving to live well with lymphoma.

Following these steps may help you feel more able to achieve the goals you set for yourself and also make them easier to achieve.

On the next page is a suggested way of planning out your goals in a step-by-step way.

Aims and goal planning - setting out your steps

What or who helps me?

My aim or goal is...

Steps towards my goal

What obstacles or barriers?

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