

IMAGINE YOUR FUTURE

GOAL SETTING FOR REHAB

**Helping you get the most out
of your rehab**

HIBISCUS NEURO REHAB

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GOAL-SETTING IS POWERFUL BECAUSE IT PROVIDES FOCUS. IT SHAPES OUR DREAMS. IT GIVES US THE ABILITY TO HONE IN ON THE EXACT ACTIONS WE NEED TO PERFORM TO ACHIEVE EVERYTHING WE DESIRE IN LIFE.

Jim Rohn

How to achieve your goals?

Goal setting is an important part of your rehabilitation journey. We all have goals and aspirations, yet it can be challenging to know where to start in order to achieve them.

This worksheet has been developed to be the starting point for helping you set realistic and meaningful goals.

Your therapist will help you work through this process and keep you accountable.

Please fill in this worksheet before your next appointment and bring it along with you your therapist will work through this with you so just do your best.

Or you can use this form to help look at what do I want to change now

1. List three things that you are currently struggling with, that would really like to be able to do (eg: putting on your shoes, unloading the dishwasher, walking to a shop, fishing off the wharf...)

1.

2.

3.

2. What are the barriers currently to being able to safely and successfully complete these tasks? (feel free to do more than 3 if these come up).

Eg: I feel like I don't have enough time, Weather affects me going outside, I cant set up my own equipment.

1.

2.

3.

3. What ideas do you have to overcome these barriers?

Eg: Schedule a set time each day to do my rehab, Set up an indoor walking track or every time I stand walk around the house.

1.

2.

3.

4. If you worked hard on these tasks, how long do you realistically think it would take you to achieve them? (eg: 4 weeks, 6 months...)

1.

2.

3.

5. How will you know that you have succeed in achieving the task?

Eg: I can load the dishwasher in only 10 mins instead of 15 mins, I can wash my hair with both hands, I can walk around the block.

1.

2.

3.

6. In a years time what is one thing you would really like to be able to do, that you cannot do currently? And how would this make you feel?

