

ASPIRATIONS/GOALS

Name :

Date :

	3 months	6 months	1 year	2 year
Social Life				
Career/ School				
Household/ Living situation/ Family				
Leisure				
Spiritual/ Cultural/ Intellectual/ Religious				
Exercise/ Health				
Daily Relaxation Time				
Rewards (for achieving some of or all of goals)				

ASPIRATIONS/GOALS

Name:

Date:

Instructions

1. How to undertake visualization?

- Please read the following article on Visualization before envisioning your aspirations (www.torontoconcussion.ca > Education > Library > Visualization: Reaching for the stars). At the bottom of this article are instructions on how to undertake the practice of visualization. You may also prepare a vision board if you feel so inclined.

2. How to structure your goals?

- A useful technique in structuring and working with envisioned goals is the S.M.A.R.T. technique. That is to say, make your goals:
 - i. Specific
 - ii. Measurable
 - iii. Achievable
 - iv. Realistic
 - v. Timely

The table below will illustrate an example of a patient whose goal is to “not be stressed” on the touchstone of vague goals vs S.M.A.R.T. goals.

	Vague goals	S.M.A.R.T. Technique
Specific	“Not being stressed” is not specific. It gives no direction. If you were to get into a taxi, would you say “I want to go not here”?	-To have refreshing sleep -To increase hobbies: salsa lessons -To have more family time
Measurable	How will you measure not being stressed?	-6 nights/week of restful sleep -1 day/week salsa -Sundays for family outings, 2 hours/day of quality time otherwise
Achievable	How will you know if you passed this imaginary finish line of being stress-free? With “not being stressed” you are setting yourself up to run a race whose finish line is constantly moving away from you.	- I will stick to a regular sleep schedule and seek CBT-i from YRCC to help - I found a dance studio near me that has classes on Saturday - In the morning I’ll have an hour with my kids and the hour before dinner
Realistic	Stress is inevitable. Is it realistic to “not be stressed”?	-I can achieve the above and it will help me be more resilient to stress
Timely	How will you be able to achieve this goal by a certain date if you haven’t been specific about crossing the finish line looks like?	- I will aim to achieve this in 3 months