Goal Setting

“Setting goals gave me more motivation to hope, work, think towards a future — a positive, worthwhile, much-needed experience.”
– Living Well workshop participant

Introduction

“Living Well” has two different and related meanings: developing healthy living skills and living a meaningful, rich life.

The Living Well in the Community (LWC) workshop helps participants learn about how these two meanings are connected so they can develop meaningful goals and their capacity to achieve those goals. The Goal Setting session begins the workshop, and sets the foundation for the sessions to come. Participants reflect on their lives and what is important to them, and then set quality of life goals, the kinds of goals people set when they want to make their lives better.

Content Summary

Quality of life goals: Working towards a quality of life goal is meaningful and motivates much of what people do every day
Self-awareness: The better you know yourself, the more likely you are to choose goals that suit you well
Life values: Finding out what you value most can help you set a personally meaningful life goal
Balance: Everyone is social, physical, intellectual, spiritual, and emotional; paying attention to all of these areas can enhance quality of life
Identifying goals: Goals are specific, measurable, and time-based
Learning Objectives

When people’s daily lives are fulfilling, they are more satisfied with life and more likely to engage in new things.

This session helps participants identify what is important in their lives, choose achievable goals that support their life values and build their sense of fulfillment, and then write specific goal statements. Participants also begin to consider how their health and wellbeing can support their capacity to achieve their goals.

Disability Community Partnership Shaped Content

The Goal Setting session was significantly shaped by HCL project partners through an iterative participatory curriculum development (IPCD) process. Staff at Centers for Independent Living across the country shared their perspectives on the power of choice in the lives of the people they serve.

Choice is at the heart of the Goal Setting session. HCL project staff use the tools of self-exploration and awareness to help people explore and choose how they want to improve their lives.