

# Goals setting: Using the STEPPPA model

## Subject

What is the subject or issue?

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## Target

Do you have a clearly defined goal? What is it?

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## Emotion

Is it important for you to achieve? Are you committed to achieving it? Are you going to take action to achieve it? How motivated are you to achieve it? 0 to 10? (10 = wanting it the most).

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## Perception

How many ways can you achieve it? How many options do you have? What else could you do?

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**Plan**

Choose one option – what is it?

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**Pace**

When will you achieve it – what are your timescales?

Are they realistic?

Can you see yourself achieving this?

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**Adapt or action**

Are you ready to put the goal into action or do you need to adapt it?

If action – set it in place and monitor it.

If adapt – make the changes and work through the steps again.

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