

Goal setting and support planning



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SMART goals

About this resource

SMART goals provide a memorable framework for setting goals that makes them more attainable.

The five aspects of SMART (specific, measurable, achievable, relevant, time-bound) helps to clarify goals, fine-tune the steps needed to achieve them, and focus efforts.

Because the goals are measurable and time-limited, they can be revisited to check if progress is being made or adjustments are needed.

Learning to set SMART goals is a life-skill that taiohi can take with them into adulthood to inspire, motivate, and guide decision-making.

How to use it

When taiohi have an intention or know what they want to accomplish, introduce SMART goals as a useful way to plan the steps necessary to achieve their aims and track their progress.

Use scenarios to practice developing SMART goals together. For example:

- Jenny wants to make new friends
- Manu wants to pass NCEA Level 2
- Mace wants to get back to attending school every day

Work through a self-chosen goal with taiohi. Pay particular attention to the measurable actions or steps required to achieve the SMART goal.

Reassure taiohi that the steps can be adjusted if they are finding it difficult to overcome barriers or they are not progressing as they would like.

Share the Scholastic SMART Goal Planner template with taiohi and encourage them to practice setting small SMART goals and to celebrate when they achieve them.

Success with goals builds self- confidence and self-efficacy.



Suitable for

Building confidence

Setting and achieving goals helps taiohi to recognise and take pride in their achievements. It encourages perseverance and increases a willingness to take risks for self-growth.

Clarifying what's important

When taiohi set goals, they must align with what is important to them and their vision of wellbeing. Specific, meaningful goals with clear outcomes will increase taiohi focus and motivation.

Taking small steps

SMART Goals break bigger goals down into a series of smaller goals, enabling taiohi to achieve more often, with small rewards and recognition as they progress.

For taiohi

SMART Goal Planner

[Scholastic template](#) for taiohi

GOAL SETTING

What is a goal?

Is there something that is out of your comfort zone that you would like to achieve or work towards?

Why do we set goals?

They get us moving and motivated.

They keep us in the right direction and remind us of what we want to achieve.

They help us to build mastery and acquire skills step by step.

Achieving goals makes us feel great and confident.

The journey towards our goal brings lots of unexpected learnings and experiences.



Why it's useful to be SMART when setting goals.

- My goal is
- I want to achieve this because
- What are the 3 things which will be better/ possible once I achieve my goal?

- Where am I on the way towards my goal?

Just got the idea	Goal achieved.
1 2 3 4 5 6 7 8 9 10	
- What are the next 2 steps I'm going to take?

- What are the 2 things or people who can help me to achieve this goal?

- What might get in the way of me achieving the goal?

- I want to conquer this goal by (date)

Goal setting and support planning

Goal Planning Worksheet

About this resource

The Goal Planning Worksheet follows a process through which taiohi can identify aspects of their life that they would like to change and choose one area to focus on.

Te Whare Tapa Whā wellbeing model helps taiohi think about their whole wellbeing and identify areas that may need strengthening. Once a goal is chosen, taiohi can identify the strengths and skills they already possess that will help to set their plan into action.

The worksheet encourages taiohi to think of different possibilities and potential barriers to success. By identifying barriers early, they can also learn strategies to deal with any challenges as they arise.

How to use it

Talk with taiohi about what wellbeing means to them and introduce the Goal Planning Worksheet.

Look at Te Whare Tapa Whā together and discuss how the different areas of wellbeing are interconnected and equally important. 5 Ways to Wellbeing is an alternative holistic wellbeing model.

Ask taiohi to think about the skills and strengths in each area that they might already have. Ask which wall (or area) they think could do with strengthening and if this is something they would like to work on.

Using their vision of wellbeing, help taiohi to identify changes they would like to see, and what actions they could take to work towards making the change. Record their decisions in the Goal Planning Worksheet.

Encourage taiohi to think about their reasons, what the change would mean for them, and what might get in the way. Discuss how they might overcome barriers and who they could approach for support, if needed.

Reassure taiohi that change takes time and commitment, goals can be adjusted, and if they don't achieve a goal as soon as they would like, it's still important to keep trying.

Suitable for

Making positive change

Setting and achieving goals boosts confidence and helps taiohi to recognise and rephrase self-limiting thoughts and words, and adjust their actions.

Holistic wellbeing

Te Whare Tapa Whā can help taiohi see how physical, mental, social, and spiritual wellbeing contributes to overall wellbeing.

Preparing for barriers

Practice strategies to help taiohi overcome or address barriers as they arise. Being prepared for obstacles will help them succeed.

For taiohi

5 Ways to Wellbeing

Some taiohi may like the holistic model [5 Ways to Wellbeing](#):

- Connect
- Keep learning
- Give
- Be active
- Take Notice

Goal planning worksheet

MY GOAL

Stuff I could change:

- 1.
- 2.
- 3.
- 4.



ONE THING I REALLY WAN TO CHANGE

My strengths and supports:

- 1.
- 2.
- 3.
- 4.



I AM GOING TO DO THIS BY

Possible ways to change:

- 1.
- 2.
- 3.
- 4.



Things that might trip me up:

- 1.
- 2.

I'll try to overcome these by

- 1.
- 2.



Whare Tapa Whā (Four sided house) health model (Durie 1994)

My Plan

About this resource

My Plan is a template for taiohi to set goals and record decisions for how they will manage when they become overwhelmed or distressed.

By working through the plan with a support person, taiohi can identify what matters most to them, triggers, their strengths, support, and possible strategies.

The plan includes an information page with websites and apps that contain wellbeing strategies and phone numbers of people and services that taiohi can call on during challenging times.

How to use it

When taiohi are feeling calm, introduce My Plan and invite them to share their vision of how they would like things to be. Record this on the plan. It doesn't need to be full sentences - words or phrases are just as helpful.

Use their vision to help taiohi to set goals. Discuss their strengths and what they are already doing that could help achieve the goal, as well as new things they could try.

Discuss what might get in their way of success, and any strategies they could use to overcome these obstacles. If they are unsure, suggest options and respect their decisions to choose what suits them. Encourage taiohi to recognise the people around them who can support them too.

Working through the template, supporting taiohi to identify:

- Signs they are feeling low
- Possible triggers
- Strategies to manage feelings and actions during challenging times

Encourage taiohi to re-read their My Plan often and practice using it whenever they notice signs that they are becoming overwhelmed or stressed. Offer encouragement to persevere and foster optimism that their goals can be achieved.



Suitable for

Managing distress

My Plan helps taiohi prepare ahead for tough times, by thinking about and knowing what to do and who to turn to, during a crisis.

Enhancing protective factors

Taiohi won't always recognise their skills, strengths and the support available to them. My Plan helps to identify and build on protective factors to increase resilience.

Staying on track

By recording plans, taiohi and their support person can refer back to them to check in on progress. This makes it easier to revisit, review, and adjust goals when necessary.

For taiohi

Village App

[Village](#) is an evidence-based app by Starship Children's Hospital that guides taiohi aged 13 to 25 to have safe conversations with people they trust during tough times.

My Plan

How I want things to be:



What I want to work on: goal(s)

Things I already do that support my goal(s)

New things I will try to help me reach my goal(s)

Things that could trip me up:

I'll try to overcome these by:

My strengths and supports:

My Plan

Other thoughts and ideas:

When stuff gets difficult or tough...

Signs that show I'm feeling low, unhappy, stressed or anxious: **AND**

Signs that I am managing stuff:

Things (triggers) that upset me:

Things I can do to manage my feelings and actions when these triggers happen:

My Plan

When these don't work I can...

Call my support person	
Call Youthline	0800 376 633 or text 234
Call 1737 helpline	Phone or text 1737
Call Alcohol & Drug Helpline	0800 787 797
Emergency Mental Health Service	
Talk to:	

Other useful information or numbers:

Example	Phone number
Doctor	

Useful Free Websites

Low Down: <https://thelowdown.co.nz/>
 Ideas for when life sucks.

Depression.org: <https://depression.org.nz/>
 Anxiety and depression support.

SPARX: <https://www.sparx.org.nz/>
 Online e-therapy tool to help young people with mild to moderate depression and anxiety.

The Level: <https://thelevel.org.nz/>
 Information about substances and harm reduction.

Useful Free Apps



Whitu 7 ways in 7 days: Teaches self-help skills.



Manaaki Ora: provides guidance and self-help tips for improving wellbeing



Headstrong: offers practical skills and psychoeducation for wellbeing

Support Plan

About this resource

This Support Plan uses a traffic light system for taiohi to monitor how they are feeling, learn to recognise when they move from green to orange, and use their coping strategies or support network to avoid becoming distressed (red).

The traffic light system reminds taiohi that even when they are in the green zone, it's important to be aware of their emotions and have someone to talk with.

The plan prompts taiohi to think about their hopes and strengths, current challenges, and to recognise how they think, feel, and act when extra support is necessary.

How to use it

Introduce the Support Plan template to taiohi. Discuss using the traffic lights system to describe their feelings, mood, or how they are acting when their light is:

- Green e.g., positive, happy, relaxed, confident, excited
- Amber e.g., stressed, unhappy, anxious, low
- Red e.g., overwhelmed, upset, distressed, angry

Talk with taiohi about how by being aware of their thoughts, feelings, and actions, they will be able to use strategies as soon as they notice their light turning amber or red.

Discuss and record any strategies that taiohi suggest will help them at each traffic light, including a trusted support person.

Remind taiohi it's normal for feelings to move in and out of green and amber, and to need support to learn ways of managing challenging situations.

Reassure them that with practice and support, they can find ways that work best for them to manage strong emotions and avoid moving into the red traffic light area of feeling distressed.



Suitable for

Recognising stress responses

This plan supports taiohi to become aware of their feelings, thoughts, and actions when moving from a calm state to one of stress. Once they are aware of these signs, taiohi can take the necessary steps to avoid becoming distressed.

Identifying support networks

The Support Plan asks taiohi to identify who is best to support them when they are feeling good, starting to feel uncomfortable, or distressed. This may be people they trust or an online support service, reinforcing to taiohi that they have a network of support.

For taiohi

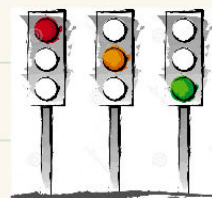
Aunty Dee

[Aunty Dee](#) is a free online tool for taiohi to work through any problem or situation. It uses structured problem solving to help with decision-making by listing problems, generating ideas, and finding a solution.



Current Challenges

Traffic Light



Things I can do to be healthy:

Red Light:

- Me:
- Support Person:

Orange Light:

- Me:
- Support Person:

Skills I need to learn:

Green Light:

- Me:
- Support Person:

Where and from whom can I learn this:

I know I need help when...

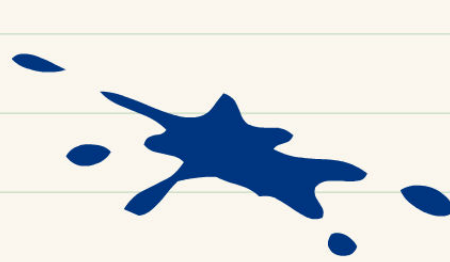
Feel:

Think:

Act:

I know I am better when....





Contact Numbers

Marinoto Duty

0800-489-555 (M-F 8:30-4:30)

Lifeline

522-2999 (24 hours)

Youthline

0800-376-633

<https://www.youthline.co.nz/>

Free TXT 234

What's Up

0800-942-8787

Crisis Team for Mental Health Emergencies

(09) 427-0360 (Rodney Area)

(09) 486-8900 (North Shore Area)

Ask for Mental Health Crisis Team

Lowdown

<https://thelowdown.co.nz/>

Sparx

<https://www.sparx.org.nz/>

My Plan

What are my strengths?

My hopes:

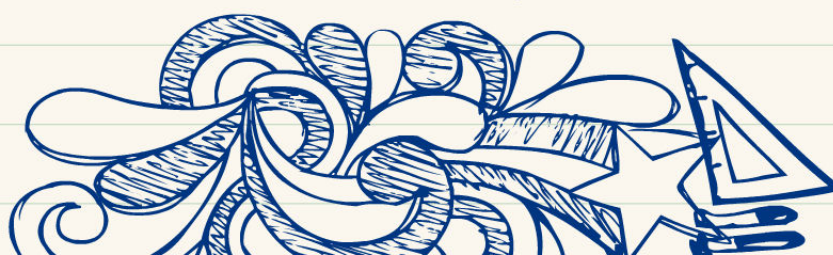
What I look like when I'm healthy:

Support People

1) Name and Number:

2) Name and Number:

3) Name and Number:





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