# Instructions for Setting a Support Goal

Now that you have a greater understanding of what formal and informal supports can include and have written down a list of your social supports, you are ready to consider a social support goal and write a social support goal statement.

As a starting place, look at the social supports you identified in your social supports list. Are there areas on your list where you can use additional support? If so, you might choose one as a starting place for writing your goal statement.

Social supports can help us address our emotional, mental, and physical health. Do the supports you identified capture all areas of your health? If your list feels full already, you might identify an area where you would like more support, even if you already have some.

One important consideration for writing a social support goal is that your goal should be reachable but take some time and effort to achieve. Setting a reachable goal will inspire you to work hard and celebrate each successful step.

## Writing a Social Support Goal Statement

### Desires as a Starting Place

* As you begin to think about a social support goal, you might consider your desires
* Desires are strong feelings of wanting something to happen
* For example, you may have a strong desire to make a friend or meet new people
* Identifying a desire will help lead you to a goal
* Desires can be turned into goals if they are specific and have deadlines

### Considerations for Writing a Goal

There are a few things to consider when writing a goal statement:

* How long should you work toward the goal?
* How can I measure my progress toward meeting the goal?
* Is the goal possible for me to achieve?
* Am I challenging myself too much or not enough?

### Activity: Write a Social Support Goal Statement

* Now it’s time to write your goal
* Your goal should be challenging, but reachable
* Include how you will measure your progress and have a set timeline
* Use the **Social Support Goal Statement Worksheet** to write your social support goal statement