



Find
your
path

Setting
your
goals



Provided as an educational service by Vertex Pharmaceuticals (UK) Ltd.

Setting goals that work for

you

Planning for the future can be hard when you have beta thalassaemia. Try thinking about goal setting as making changes today that could benefit you in the future. It's an excellent way to help you focus on what's important to you and find that balance between managing your beta thalassaemia and living life your way.

Setting goals that work for you can help support you in finding your path. They can be as big or small as you like.

This downloadable resource has been developed by Vertex Pharmaceuticals as part of the Find Your Path campaign. This disease awareness campaign is designed to support you to work with your healthcare team and find your own way to balance life with managing beta thalassaemia. For more information, please visit thalassemiafindyourpath.co.uk.

So how do you do it?

You can work with your healthcare team to come up with your own set of goals. You're an important decision-maker and an advocate for your own health, so see yourself as partnering with your healthcare team.

You can discuss together any areas in your life, for example your physical activity, mental wellbeing or friendships that you particularly want to improve, so your goals include what's important to you. If your goals are valuable to you, you are more likely to succeed in achieving them.

Goal setting means you have an idea of what you want to achieve – your target – and you keep track of your progress towards it. It's best to create goals that are specific, measurable, achievable, relevant and time-specific (also known as "SMART goals") to what you want to achieve in the long-term.¹ And, this approach can help you achieve what you want.¹

SMART goals are explained here: 

Specific

Your goal needs to be clear

Measurable

Your goal and the steps towards it need to be measurable

Achievable

Your goal needs to be realistically achievable within a certain timeframe

Relevant

Your goal should be relevant to what you want to achieve in the long-term

Time-specific

Your goal should have a deadline

¹ Mitschang T. Goal-setting for the chronically ill: Planning for an uncertain future. Immune Globulin Living, 2016. https://www.igliving.com/magazine/articles/IGL_2016-10_AR_Goal-Setting-for-the-Chronically-Ill.pdf. Accessed 7 July 2022.

Ready to start?

The first thing to do is think about what you'd like to improve in your day-to-day life – your goal can be whatever you like, it just needs to feel good.

Maybe you already know what goal you want to achieve, or maybe you're not quite sure yet. To help you come up with some ideas, you can use the mind map activity explained below.

What's important to me?

Use the space to the right to map out ideas for things you'd like to achieve. This might be goals or just parts of your life that are important to you and that you'd like to work on. For example, you might have goals around relationships, your diet, friends or family-related goals, goals around your work, school or mental health. They really can be anything that matters to you.

When you've created your mind map, start to pick out your top two or three ideas that you'd like to turn into goals. You can then use the goal setting chart (explained on the next page) to make sure they are specific, measurable, achievable, relevant, and time-specific.

There are no right or wrong answers here – and just because you write something down, doesn't mean it becomes your goal.

You don't have to show anyone this first step, so feel free to be honest and as creative as you like.

Setting my goals

Print off the worksheet on the following page to turn your ideas into achievable goals and take them to your next appointment to discuss them with your healthcare team. They can advise and support you on the best way to achieve your goals. The below has been created as an example.

My goal (specific and clear)	How will I measure it and what achievable steps can I take?	Why is this relevant?	When do I want to achieve my goal by?
I want to improve my fitness by walking the dog for 20-minutes every day	I will start with a five-minute walk and increase this each day. Seeing the time increase will be my measure of success.	Improving my fitness could give me more energy and help me look after my general health	By the end of the month

Remember to discuss your goals with your healthcare team so they can do their best to support you in achieving these. If a goal is related to your treatment, it's important to discuss it with your healthcare team so they can best support you. They can help you work out what you can achieve given your specific circumstances.

Good luck with your goal setting and finding your path!



If you want more ideas for how you can keep taking an active role in your health, check out [Findyourbetathalpath.com](https://findyourbetathalpath.com) to find other resources available in the Resource Hub.

Setting my goals

My goal (specific and clear)	How will I measure it and what achievable steps can I take?	Why is this relevant?	When do I want to achieve my goal by?