

Goals setting: Using the STEPPPA model

Subject

What is the subject or issue?

Target

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

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).

Perception

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

Plan

Choose one option – what is it?

Pace

When will you achieve it – what are your timescales?

Are they realistic?

Can you see yourself achieving this?

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.
