

Goal Setting

Rehabilitation helps you to recover your skills or to learn new ways to manage tasks. We will discuss your goals and how we can help you achieve them.

What is Goal Setting?

Goal setting helps you decide what matters to you. It also helps your rehabilitation team understand what's important to you so that your therapy is focussed towards what matters most. Your rehabilitation team will support you with goal setting and guide the activities you can do to help achieve your goals.

Goals and values can change as you continue through rehabilitation. Talk to your rehabilitation team if you think your goals need to be reviewed.

Remember to celebrate the small successes! Think about what's important to you and what you want to work on!



How do I set a goal?

Goals often occur in steps. You can have a long-term goal and short-term goals that act as steppingstones. These steppingstones help you to achieve success along the way and reach your full potential.

You will meet your Goal Setting Link Worker early in your rehabilitation stay. They will help you with this goal setting process throughout your time at STARS.

You will be given a Goal Setting Workbook that your Link Worker will help you develop. You can take this to your therapy sessions and use it to show your family and what you are working on and your progress towards goals.



Reference: [What is goal-setting? | Clinical Excellence Queensland | Queensland Health](#)



Contact Details

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More Information

