

## Goal-Setting

Setting specific goals helps motivate clients and promote self-efficacy (Marcus & Forsyth, 2009). Goals should be attainable, functional, and meaningful to the individual (Ashford, Jackson, & Turner-Stokes, 2015). Goal attainment scaling (GAS) is an useful tool to help prompt discussions and evaluate (5-point scale) how goals have been met by the client (Ashford et al., 2015; Park & Chang, 2014). I developed and use my own short-, mid-, and long-term goal setting not only on myself, but in helping clients and friends. Goal setting is helpful in all areas of life regardless of age. I use the principle of "kaizen" (continuous, daily improvement), and try to be 1% better every day. Incorporating GAS into my kaizen strategy will improve my workflow by identifying challenging areas even though the goals were met.

Connecting with clients on past personal successes and behavior change is a great way to first meet them in their comfort zone, then plant the seed, and open them up to consider a greater personal challenge such as physical activity (Marcus & Forsyth, 2009; Raddock, Martukovich, Berko, Delos Reyes, & Werner, 2015). I use this strategy to get to know my clients/friends better, and help them draw parallels between situations. This strategy communicates that I am genuinely interested in partnering with them to find a solution.

The IDEA technique mentioned by Marcus and Forsyth (2009) is a tool/worksheet based on motivational interviewing (MI) techniques (Raddock et al., 2015). The IDEA worksheet would be a great way to summarize a weekly/monthly MI session with the client. Having a written record would enforce a conversation.

Park and Chang's (2014) 8 week health-coaching self-management program for older adults with multimorbidity in nursing homes was successful in improving self-care and perceived health status. Furthermore, the program empowered both the residents and staff.

## References

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