

# Goal Setting Conversation Starter

## Patient Details

Name: *Joe Hammell*

Trial / Hospital ID: *3234*

## Introduction

Thanks for participating – we are excited to undertake this process with you

You will be well supported; it will not be as hard as you may worry it is!

We think goals are important as it:

- helps to focus your care on what you value
- enables shared decision-making with your doctors
- identifies and celebrates meaningful change you make in your life

## Introduce the GAS template

Take the patient through the template

1-5 goals to be set

Review period will be 3 months

## Brainstorm

*List below all possible goals*

*Lose weight*

*Sleep better*

*Walk further*

*Be more social*

*See my grandkids more often*

*Go on a holiday to Darwin*

## Select goals to further refine in the GAS template

1 *Have more endurance to be able to walk further*

2 *To get out of the house more to be more social*

3

4

5