

Goal-Setting Guide

1. Build a trusting relationship

- Listen actively and empathetically to an individual's concerns.
- Minimize distractions during consultations to show respect and focus.
- Get to know the individual's lifestyle, values, and goals beyond their past medical history.

2. Engage in counseling with individuals

- Explain cardiovascular risk factors using relatable examples.
- Use visual aids like the risk calculators in CASP to help individuals understand their health status.

3. Present evidence-based options

- Offer a range of lifestyle and strategies tailored to the individual's risk profile.
- Discuss benefits and risks for each option.
- Be transparent about what is known and unknown.

4. Explore individual values and preferences

- Ask open-ended questions to understand what matters most to the individual.
- Respect cultural, religious, and personal beliefs that may influence decisions.
- Help individuals weigh options based on their priorities for action (e.g., quality of life vs. side effects).

5. Collaborate on a personalized plan

- Using Shared decision-making, set personalized goals that will work in their life.
- Break goals into manageable steps and address potential barriers together.
- Ask the individual to select one goal that they are interested in working on right now.
- Provide My Heart Healthy Plan and encourage the use of tools to track progress.
- Involve family or caregivers when appropriate for added support.