

# GOAL SETTING

## Set goals to create a positive future!

When in chronic pain, it can be difficult to set new life goals and maintain an optimistic outlook without a plan. A common trap to fall into is living day-to-day in survival mode and not thinking about your future. Goals are a **POWERFUL** tool that help map out your future and place focus on what you would like to achieve.

Goals are useful because they:

- ✓ Help shift your focus away from chronic pain
- ✓ Help to design the life you would like to live
- ✓ Increase your motivation and mood
- ✓ Make you feel good once you have achieved them
- ✓ Can be a conversation starter to connect you to others

## How to set SMART goals (Mind Tools, 2016)

When designing goals, you need to ensure they are:

**Specific** – try to be clear and specific about what you want to achieve.

**Measurable** – how will you measure your progress?

**Achievable** – is this a reasonable goal that you can achieve in your timeframe

**Relevant** – does your goal align with your values and long-term goals?

**Timely** – what is your timeframe or end-date?

For example: *Walking my dog.*

- **S:** Increase daily walking distance tolerance.
- **M:** Measure daily dog walk distance in metres.
- **A:** Current tolerance: walking 500 metres daily.
- **R:** Long term goal to complete 5km bushwalk.
- **T:** Walk 1km daily by the end of the month



**Tip:** when designing SMART goals, consider using **pacing** to help achieve your short goals and work towards your long-term goals. See our “Pacing” worksheet for more information.

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# MY GOALS

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Take some time to consider what you want your future to look like and design some SMART goals to help you achieve this. What are your goals?

Here are some ideas to get you started:

- **Activities:** *Walking, exercising, bike riding, swimming, stretching, etc...*
- **Domestic tasks:** *Lawn mowing, cooking, cleaning, vacuuming, etc...*
- **Hobbies/Interests:** *Gardening, golf, bowling, reading, photography, etc...*
- **Social outings:** *Dinners/coffee catch ups, BBQs, sporting events, etc...*

Write down your SMART goals below:

- **S:**
- **M:**
- **A:**
- **R:**
- **T:**

- **S:**
- **M:**
- **A:**
- **R:**
- **T:**

- **S:**
- **M:**
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- **S:**
- **M:**
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