



## Be Pain Smart – Pain

### Goal setting

Goals are things you want to achieve that are important to you!

When you have chronic pain, your biggest goal is often to be pain-free, but this might not be possible. Focusing on getting back to living your life and to the activities you enjoy, despite your pain, is more realistic.

Setting goals can help to focus and motivate you to manage your pain. It can give you a sense of purpose, keep you on track and help you to feel more in control of your life.

#### Step 1 – Choose your long-term goals

To work out your goal, think about what you have given up or stopped doing because of the pain. This might be a hobby, leisure activity, work, household job or social outing. Start by thinking about what is important to you right now, and what you would be willing to work to on.

Then choose one long-term goal to work on now. Long-term goals are the ones that take a while to achieve.

#### What are three or four things you want to work on?

1. *I want to be more active*

2. *I want to go out to dinner*

3. *I want to be able to watch the kids play soccer*

4. *I want to be able to drive to my brother's house*

My long-term goal:

***I want to go out for dinner***



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### Step 2 – Make your goal SMART

For goals to be SMART they need to have a few key parts – each letter of the word SMART stands for a part of the goal.

# S

# M

# A

# R

# T

**Specific Measurable Achievable Relevant Timeframe**

Now re-work your goal so that it is SMART.

**Long-term goal:** *I want to go out to dinner*

#### NEW SMART GOAL

# S

## Specific

Your goal needs to be clear and with lots of details.

*I want to be able to sit in a restaurant to have dinner.*

# M

## Measurable

You need to be able to measure your goal, which can be done with anything you can measure, including time, distance, repetitions, your mood.

*I want to be able to sit in a restaurant to have dinner for 2 hours.*

# A

## Achievable

Ask yourself, 'Is the goal realistic?' Do not make it too easy or too hard – just enough to keep you working towards it and having success.

*I want to be able to sit in a restaurant to have dinner for 1.5 hours.*

# R

## Relevant

Your goals need to be meaningful to YOU. Your family, carer or health worker cannot choose them for you. Ask yourself whether this goal is something you are willing to put work into.

*I want to be able to sit in a restaurant to have dinner for 1.5 hours so that I can spend more time with my mates.*

# T

## Timeframe

You need to set a deadline for your goal – this helps you structure your plans. When you have the timeframe, you can work backwards to break down long-term goals into short-term goals.

*I want to be able to sit in a restaurant to have dinner for 1.5 hours so that I can spend more time with my mates by Christmas.*



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### Step 3 – Break it down into smaller short-term goals

Short-term goals are little goals that build up to a long-term goal (like the rungs on a ladder). These smaller goals will help you get started and help you move towards your long-term goal.

Start by thinking about these shorter goals over a four week period.

Things you need to think about include:

- what it is you must do
- where
- when
- how often
- how long you will do the task.

For example, if your goal is to have dinner in a restaurant, you may not be able to do this until you can sit for 1.5 hours. So, your short-term goals would be to build-up your sitting tolerance until you can sit comfortably for 1.5 hours.

Remember to pace your goals. Pacing helps you to figure out what you can do within the limits of your present pain, so that you do not push yourself past your limits. Check out the ['pacing'](#) section on the website.

Think about where you are now and where you could realistically be in four weeks, then break those down into weekly goals.

#### Where I am now

*I can sit for 30 mins. I have used pacing to move from sitting for 20 mins to now sitting for 30 mins comfortably.*



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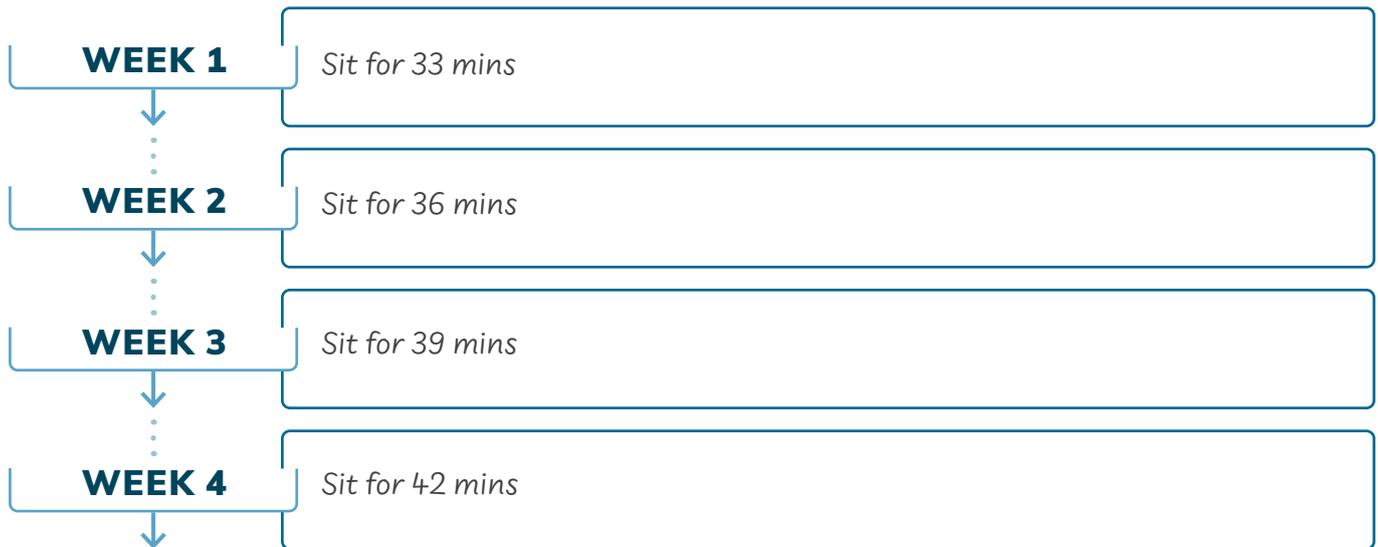
### Where could I get to in four weeks

Using pacing, I can add 10% (around 3 mins each week), so in 4 weeks I can increase my sitting time by 12 mins to 42 mins.

It will take me another 16 weeks or so to build up to 1.5 hours.

Christmas is 6 months away, so I feel comfortable that I can meet this goal.

### My short-term goals:





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### Step 4 – Make a plan

Now you can put this all together.

<b>LONG-TERM GOAL</b>	<i>I want to be able to sit in a restaurant to have dinner for 1.5 hours so that I can spend more time with my mates by Christmas.</i>
<b>SHORT-TERM GOAL</b>	<i>Increase my sitting time by 3 minutes every week.</i>
<b>WHAT</b>	<i>Sit in a chair.</i>
<b>WHERE</b>	<i>I will sit in my dining room chair.</i>
<b>WHEN</b>	<i>I will do this every day when I am eating my dinner and I will use a timer to remind me to stop.</i>
<b>HOW LONG</b>	<i>To add 3 minutes each week, each day I will sit for an extra 30 seconds or so.</i>
<b>HOW HARD</b>	–
<b>COMMENTS</b>	<i>I will put a reminder in my phone at dinner time and tick off my progress on a sheet on the fridge.</i>



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Now it is your turn to have a go.

### Step 1 – Choose your long-term goals

What are three or four things you want to work on?

1.

2.

3.

4.

Then choose one long-term goal to work on now – write it down.

**My long-term goal:**



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### Step 2 – Make your goal SMART

Now re-work your goal so that it is SMART – write these in the 'New SMART goal' column

#### Long-term Goal:

#### NEW SMART GOAL

**S Specific** Your goal needs to be clear and with lots of details.

**M Measurable** You need to be able to measure your goal, which can be done with anything you can measure, including time, distance, repetitions, your mood.

**A Achievable** Ask yourself, 'Is the goal realistic?' Do not make it too easy or too hard – just enough to keep you working towards it and having success.

**R Relevant** Your goals need to be meaningful to YOU. Your family, carer or health worker cannot choose them for you. Ask yourself whether this goal is something you are willing to put work into.

**T Timeframe** You need to set a deadline for your goal – this helps you structure your plans. When you have the timeframe, you can work backwards to break down long-term goals into short-term goals.



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## Step 3 – Break it down into smaller short-term goals

Think about where you are now and where you could realistically be in four weeks, then break those down into weekly goals.

**Where I am now**

**Where could I get to in four weeks**

My short-term goals:

<b>WEEK 1</b>	
↓	
⋮	
<b>WEEK 2</b>	
↓	
⋮	
<b>WEEK 3</b>	
↓	
⋮	
<b>WEEK 4</b>	
↓	





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## Step 4 – Make a plan

Now you can put this all together – write your new SMART goal plan.

<b>LONG-TERM GOAL</b>	
<b>SHORT-TERM GOAL</b>	
<b>WHAT</b>	
<b>WHERE</b>	
<b>WHEN</b>	
<b>HOW LONG</b>	
<b>HOW HARD</b>	
<b>COMMENTS</b>	

Make a few SMART goals. Choose goals in different areas of your life – your activities, home life and family. Make a plan for each of them. The best day to start to work towards your goal is today!





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### SETTING GOALS – TOP TIPS

1. Monitor your goals so you can keep on track.
2. Be flexible – life changes all the time – your goals might need to as well.
3. Start off small – set small and achievable goals – this will motivate you to keep going.
4. Build bit-by-bit – grow your goals slowly over time – this will help you build momentum.