

A **goal** is something that you are motivated to work toward and achieve. When you are working on your pain management plan, it is important to set goals that can help to both motivate you and also direct your efforts and energy. Here are some ideas to help you set pain management goals.

1. The first action step towards **GOAL SETTING** is to choose something that is important for you – something that you would like to achieve in the **long term**.
2. The second step is to set a **short term** goal for the week or month that helps get you started and which sets out exactly what you will do to move towards your long term goal. Things that you need to think about include: how much, when and how often will you do a task.
3. Consider setting SMART goals. When setting your SMART goals, each letter of the word SMART stands for a particular part of the goal.

- S stands for **SPECIFIC**
- M stands for **MEASURABLE**
- A stands for **ACHIEVABLE**
- R stands for **RELEVANT**
- T stands for **TIME-FRAMED**



This will help you to plan and achieve your short and long term goals by first breaking down your larger goals into smaller and more achievable pieces.

**By making your goals SMART you give yourself the best chance of achieving what you want, and the best day to start to work towards your goal is today!**

4. It is helpful to have a few different goals in different areas of your life (perhaps fitness, work and family) and write them down to help plan them out.
5. Remember to **review** your goals, **monitor** your progress and **modify** them as necessary. If you have not been able to achieve your goal, ask yourself if you set the bar too high to start with, or if something specific affected your progress. It is better to set small and achievable goals and make them progressively harder as you go and **build on your success!**

It is so important to set goals! I use a “vision board” – I put it out there what I want – like my goals for travel, work and pleasure – and I’ve gone and done it! You have to be clear about what you want... If you face a setback – think “what is the message?” There is always something to learn. You can actually create the person you are, the person you want to be.

Michelina, L2 paraplegia

<b>Goal:</b>	<i>To improve my health and fitness</i>
<b>Strategy:</b>	<i>1. To exercise 4x per week</i>
<b>What:</b>	<i>1. Push my wheelchair ½ - 1 km around the bike track at the local park 2 days per week 2. Do strength training for my arm muscles 2 days per week – shoulder extensions, lat pull downs, shoulder external rotation and triceps kick back exercise</i>
<b>Where:</b>	<i>At the local park</i>
<b>When:</b>	<i>Monday, Tuesday, Thursday and Saturday 10:30am</i>
<b>How long:</b>	<i>30-40 mins</i>
<b>How hard:</b>	<i>1. Start with ½km push and aim to complete this in 5 mins 2. Use red resistance band and do 3 x 10 reps of shoulder exercise</i>
<b>Comments:</b>	<i>Phone Sam and ask him to meet me there so we can train together</i>

### Goal 1: Fitness

<b>Goal:</b>	
<b>Strategy:</b>	
<b>What:</b>	
<b>Where:</b>	
<b>When:</b>	
<b>How long:</b>	
<b>How hard:</b>	
<b>Comments:</b>	

*Knowing what it is that you want and being able to recognize it when you see it & then just putting all the steps in place to improve the situation - that was invaluable for me.*

*Anne-Marie, incomplete T9 paraplegia*

## Goal 2: Work

<b>Goal:</b>	
<b>Strategy:</b>	
<b>What:</b>	
<b>Where:</b>	
<b>When:</b>	
<b>How long:</b>	
<b>How hard:</b>	
<b>Comments:</b>	

## Goal 3: Family

<b>Goal:</b>	
<b>Strategy:</b>	
<b>What:</b>	
<b>Where:</b>	
<b>When:</b>	
<b>How long:</b>	
<b>How hard:</b>	
<b>Comments:</b>	

Ask yourself:

- How is your progress towards achieving your goals?
- Did you identify any barriers to achieving your goals?
- Is there anything you need to do differently next time?

Revised Goal:

Goal:	
Strategy:	
What:	
Where:	
When:	
How long:	
How hard:	
Comments:	

NOTES:

**TOP TIP!** For more information about **Goal Setting**, take a look at these resources:

- <http://www.aci.health.nsw.gov.au/chronic-pain/spinal-cord-injury-pain/spinal-cord-injury-pain-thoughts-and-feelings>
- Read Chapter 8 of *Manage Your Pain* by Nicholas, Molloy, Tonkin & Beeston (2000 ABC Books)
- Read Chapter 17 of *The Spinal Cord Injury Pain Book* by Siddall, McCabe & Murray (2014 HammondCare Media)