

## Goal Setting

Goal setting is an important part of our program. What activities have you been avoiding or finding hard because of pain? Identify activities you wish to improve and the strategies you will use to manage your pain better.

	The activity I wish to improve	How I will manage it better
<b>Productivity</b> — such as household chores, yard work, school		
<b>Family</b> — such as family dinner, go to park, games, family meeting, movie		
<b>Fitness</b> — such as walking, stretching, strengthening exercises		
<b>Social Life</b> — such as meet with a friend, coffee, movie, out to dinner, entertain at home		

please turn over →

	The activity I wish to improve	How I will manage it better
<b>Recreation</b> — such as activities for fun, hobbies, games		
<b>Nutrition and General Health</b> — such as eating habits, sleep, relaxation		
<b>Emotional</b> — such as manage anger better, be less reactive, more assertive, calmer		
<b>Medication</b>		