

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
Productivity — such as household chores, yard work, school		
Family — such as family dinner, go to park, games, family meeting, movie		
Fitness — such as walking, stretching, strengthening exercises		
Social Life — 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
Recreation — such as activities for fun, hobbies, games		
Nutrition and General Health — such as eating habits, sleep, relaxation		
Emotional — such as manage anger better, be less reactive, more assertive, calmer		
Medication		