

S.M.A.R.T. GOALS FOR PAIN or DISEASE MANAGEMENT

Crafting S.M.A.R.T. Goals are designed to help you identify if what you want to achieve is realistic and determine a deadline. It can be used for activity planning, return to work, weight control, smoking cessation and many other things. Developed by you and your healthcare provider together so you have the best chance of success.

INITIAL GOAL	Write the goal you have in mind.
S SPECIFIC	What do you want to accomplish? Who needs to be included? When do you want to do this? Why is this a goal?
M MEASURABLE	How can you measure progress and know if you've successfully met your goal?
A ACHIEVABLE	Do you have the skills required to achieve the goal? If not, can you obtain them? What is the motivation for this goal? Is the amount of effort required on par with what the goal will achieve?
R RELEVANT	Why am I setting this goal now? Is it aligned with overall objectives?
T TIME-BOUND	What's the deadline and is it realistic?
SMART GOAL	Review what you have written, and craft a new goal statement based on what the answers to the questions above have revealed. <i>Should be something you can see positive results. Make sure it's something everyone in your circle of care agree you can do. Examples: walk a short distance, cut out a cigarette, loose 5 lbs, taking medication regularly, etc</i>

