

Goal Setting



Problem Solving

**Set Goals for your
Pain Management**

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Problem Solving Example

Try filling out a chart like this to help plan and set goals for your pain management techniques:

Goal Sheet Week NO:			TOO Easy - 0 1 2 3 4 5 6 7 8 9 10 - Too Hard						
Goal	Target	Time of day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Activity	e.g. Go for a walk each day at 12pm, including bad days, Start with 1 minute. Target to add 30-60 seconds each week, aim to reach 6 minutes after week 8/9.	12pm	1min Difficulty (3)	1min (3)	1min (2)	1min (4)	1min (4)	1min (3)	1min
Relaxation	Practice mindfulness every time I brush my teeth.	8am and 10pm							
Fun	Meet a friend for coffee every Friday	3pm							

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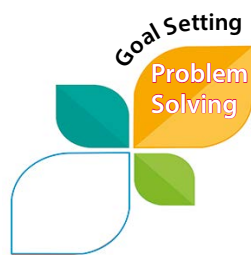
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Personal Goal and Action Plan

- **Date:** **Name:**
- **The change I want to make is:**
- **To make this change, my goal for the next month is:**
- **To achieve my goal I will... (what, when, where, how much, how often)**
- **People that could help me achieve my goal:**
- **How they might help me:**
- **Reminders that will help me make the change or sustain change:**
- **The things that could make it difficult to achieve my goal include:**
- **My plan of overcoming these difficulties includes:**
- **Support/ Resources I will need to achieve my goal include:**
- **I will know that my plan is working when I see these results:**
- **My confidence level is** Not confident 0 1 2 3 4 5 6 7 8 9 10 **Extremely confident**



<https://www.nhshighland.scot.nhs.uk/Services/Pages/ChronicPainManagement.aspx>

Chronic Pain Management - NHS Highland

Persistent Pain has a considerable impact on the quality of life for many people in Scotland. Approximately 800,000 people across Scotland are affected by persistent pain to varying degrees, and it can result in significant suffering for both those directly affected and those close to them.

www.nhshighland.scot.nhs.uk



Patrick Schneider



Issue 1	Date of issue: Dec 20	Date of Review: Dec 23
Devised by Nicola Bailey		



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