



Core Clinical Services

North Bristol **NHS**
NHS Trust

The Pain Management Programme: Goals



Exceptional healthcare, personally delivered

Setting goals

What are goals?

They are a clear statement of your own ambitions, and can vary from person to person. Some examples of different people's goals are:

- Walking to the shops three times a week.
- Riding an exercise bike for five minutes every day.
- Managing to vacuum two rooms at a go.
- Getting to the cinema.
- Starting some voluntary work.
- Weeding the garden for ten minutes.

How to set goals:

Choose a goal that will give you enjoyment, or achievement. Be realistic about what you can achieve. An activity diary is a helpful way to record your current ability and help you to set a baseline.

For a large or long-term goal, break it down into attainable chunks. For example, the goal about walking to the shops could be broken down into targets like this:

- Week one: walk halfway to the shops, five days a week.
- Week two: walk another fifty yards towards the shops, five days a week.

Write your goal down, display it somewhere obvious at home, tell your friends or family, get some support and encouragement, and reward yourself when you succeed!

Goals should be “SMART”:

- **Specific:** is your goal too vague? If so, try to be clearer about it.
- **Measurable:** how will you know if you have achieved your goal?
- **Achievable:** how likely are you to be successful?
- **Rewarding:** will you enjoy the results?
- **Time limited:** when do you want to have achieved your goal?

NHS Constitution. Information on your rights and responsibilities.
Available at www.nhs.uk/aboutnhs/constitution
[Last Accessed March 2010]

**PATIENT
APPROVED**



How to contact us:



0117 340 3890



0117 340 3891



www.nbt.nhs.uk

If you or the individual you are caring for need support reading this leaflet please ask a member of staff for advice.