*Persistent pain can overwhelm you and make it seem impossible to reach your physical goals. When this happens, depression and disability can get worse. Think about some activities you have missed out on and would like to try to start again.*

**Establishing Goals for Taking Control of Your Life**

1. **Is the Goal Realistic?**

Is your goal realistic? Can the goal actually be achieved? Is it possible to achieve at your pain management skill level?

1. **Is there a Target Date for Completion?**

When will the goal be accomplished? It’s a good idea to set a target date to act as a guideline and then re-set it if needed.

1. **Is the Goal Measureable?**

How will you know when the goal has been reached? Will the goal be measured in some way?

**For example:**

* Minutes spent doing some activity such as exercise or relaxation.
* Specifics about the type and number of enjoyable activities to do each week.
1. **Is the Goal Broken Down Into Small, Realistic Parts?**

Remember to start at a point that you already know you can do, and build onto it from there. Give yourself a chance for success right away to help give you the boost you need to keep you going.

1. **Is the Goal “I” Centered?**

Are “you” the one doing the actions or behaviors to be measured?

1. **Once Accomplished, What Rewards Will You Use?**

Actions that are rewarded are more likely to keep happening.

1. **Is the Goal Desirable or Personally Meaningful?**

Do you want the results enough to put in the effort? You are much more likely to work at a goal that you care about.

1. **Is a Relapse Plan Clearly Established?**

What happens if you do not reach your goal as you originally planned? What will get you started again?

*Note: This patient information was drawn from a variety of evidence-based sources. This handout is part of a research study and is being used in an enhanced treatment condition (PI: Kanzler, KE).*

**My activity goals over the next two weeks: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**My activity goals over the next month: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**My activity goals over the next 6 Months: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**