

My SMART goals

You can find more about SMART goal setting at livewellwithpain.co.uk



Areas of my life

(You don't have to do one for every area of your life)

My SMART goal

(Remember to make it specific, measurable, achievable, rewarding and timed)

Check it's SMART

Is your goal:

Work

For example:

- paid or voluntary;
- reduce/ increase hours;
- retrain

Specific?

Measurable?

Achievable?

Rewarding?

Timed?

Social life

For example:

- go for a meal;
- have coffee with a friend;
- see the grandkids

Specific?

Measurable?

Achievable?

Rewarding?

Timed?

Hobbies / activities

For example:

- gardening;
- fishing;
- walking with friends

Specific?

Measurable?

Achievable?

Rewarding?

Timed?

Household

For example:

- sweep or vacuum;
- clean the sinks;
- hang out washing

Specific?

Measurable?

Achievable?

Rewarding?

Timed?

Caring for myself

For example:

- have a bath;
- putting on shoes and socks;
- having a treat

Specific?

Measurable?

Achievable?

Rewarding?

Timed?

Physical activity

For example:

- body stretches;
- walk to the shop;
- swim or dance

Specific?

Measurable?

Achievable?

Rewarding?

Timed?