

My goal ladder

Use this in conjunction with Reaching goals and creating rewards - a guide to SMART goal setting from *Live Well with Pain*



My goal is:

My SMART goal at the end of 4 weeks is to:

| | Steps on the way to reaching my goal | Things that will help my progress | Things that might block my progress |
|----------------|--------------------------------------|-----------------------------------|-------------------------------------|
| Week 4 | | | |
| Week 3 | | | |
| Week 2 | | | |
| Week 1 | | | |
| START - Week 1 | | | |