

## SMART Goal Setting

A SMART goal is set using the following guidelines:

<b><u>S</u>pecific</b>	<b>Identifies a specific action or event that will take place</b>
<b><u>M</u>easurable</b>	<b>Should be quantifiable so progress can be tracked</b>
<b><u>A</u>chievable</b>	<b>Should be attainable and realistic given resources</b>
<b><u>R</u>elevant</b>	<b>Should be personally meaningful and really matter</b>
<b><u>T</u>ime-Bound</b>	<b>State the time period for accomplishing the goal</b>

*Adapted from Doran, 1981*

Short-term goals can be accomplished over the course of the CBT-CP sessions. Once goals are identified, track them on a weekly basis to ensure that progress is occurring. If it is not, make adjustments as needed. For each goal, consider if it fits the SMART criteria listed above. These should be personally meaningful goals that motivate you to complete the CBT-CP program and improve your pain management skills.

### Short-Term Goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Long-term goals are those for the next 6-12 months, or perhaps even longer. Although they will not be accomplished fully during the CBT-CP course, they can be worked towards and are often our most important goals for the future so they can be an important motivator.

### Long-Term Goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_