
SMARTER GOAL SETTING

Persistent pain can be really frustrating and may make you feel stuck and trapped in a vicious downward spiral.

Research has shown us that there are ways to change this spiral into a helpful upward spiral where you thrive!

One of the methods is by setting a clear goal. SMARTER is an acronym to help us set goals that “equal results”.

Please spend some time completing the 5 steps in this worksheet as honestly as possible.

Step 1:

Describe the current state you are in and the challenges you experience

Step 2:

Complete the table below to help you identify how you would like your life to be.

	Question	Answer
Specific	What is your goal? (clear, detailed and positive)	

Measurable	<p>How will you know that you have achieved your goal?</p> <p>What will you be seeing when you achieve your goal?</p> <p>What will you be hearing when you achieve your goal?</p> <p>What will you be smelling when you achieve you goal?</p> <p>What will you be tasting when you achieve your goal?</p> <p>What will you be feeling when you achieve your goal?</p>	
Achievable/ Attainable	<p>On a scale of 0-10 how achievable is this goal for you? (0 = unachievable)</p> <p>On a scale of 0-10, how much control do you have over achieving this goal? (0 = no control)</p>	<p>/ 10</p> <p>/ 10</p>
Realistic	<p>Considering your current life circumstances, how realistic is it to achieve this goal on a scale of 0-10 by your set date below? (0 = unrealistic)</p>	<p>/ 10</p>
Timely	<p>By when do you want to achieve this goal?</p>	<p>Exact date:</p>
Exciting	<p>How much does achieving this goal excite you? (0 = no excitement)</p>	<p>/10</p>

Relevant	<p>When you achieve your goal, how will your life change?</p> <p>When you think of achieving your goal, what does it mean to you?</p> <p>Who else will be affected from you achieving your goal?</p> <p>What are the consequences of you not achieving this goal?</p>	
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Step 3:

Complete the table below to help you remember how you have successfully completed goals in the past

Question	Answer
What do you find challenging about this goal?	
What has stopped you so far?	
When did you last achieve a goal in your life?	
What did you do in that instance?	
What did you say to yourself?	

How did you look, sound, move?	

Step 4:

Complete the table below to help you to consider other perspectives

Question	Answer
What options exist that could help you achieve your goal?	
What steps do you think you could do in order to achieve your goal?	
What do you see as being your first step to achieving your goal?	
What resources do you have available to you to achieve your goal?	

Step 5:

Complete the table below to take responsibility and commit to working towards the life you want!

Question	Answer
What will you do from today?	
When will you do it?	
What support do you need?	
Who do you need to support you?	
What could stop you?	
What will you do then?	

Well done to taking another step closer to the life that you want to live!

Below is a selection of quotes to inspire, motivate and provoke!

Inspiration

“If you really want something you will find a way. If you don’t, you will find an excuse.”

“Don’t wish for it, work for it.”

“Don’t be upset by the results you didn’t get with the work you didn’t do.”

“It’s not the mountain we conquer, but ourselves.” Sir Edmund Hilary

“Your life does not get better by chance, it gets better by change.” Jim Rohn

“The distance between your dreams and your reality is called action.”

The difference between your dreams and your reality is called action.

“Don’t wish for it, work for it.”

“Don’t be upset by the results you didn’t get with the work you didn’t do.”

“The greatest glory in living lies not in never falling down but in rising each time we fall.” Nelson Mandela

A stumbling block to a pessimist is a stepping stone to the optimist.

Until you try, you don't know what you can't do.

Better to be an optimist who is wrong than a pessimist who is right.

Pressure creates diamonds.



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Do something today that your future self will thank you for.