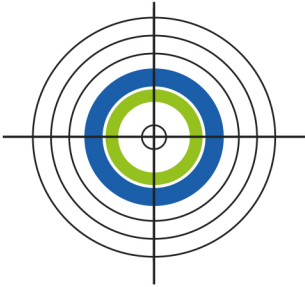


Goalsetting

Goalsetting is a process which enables you to be in control of your activities and to plan both what you do and how much you do at any one time

The skills of goal setting and planning need practice to work well.



- 1 Begin by asking yourself:
“What do I want to achieve?”
“What are my long term or overall goals?”
These goals can be **simple and general**
- 2 Break your long term goals into more specific goals. Make them **realistic and achievable**.
- 3 Break down your specific goals into **immediate or mini goals that are manageable to you**.
- 4 **Reward yourself** when you achieve your goals
- 5 **Be patient-** slowly and gradually increase your levels of activity.

People in pain or other health problems do two common things:

Avoidance

Avoidance is not helpful in the long term even if it appears helpful in the short term. It becomes more and more difficult to do things the longer you avoid, or put off doing them.

Activity Cycling

Basing what you do or how much you do on how you feel is also not good in the long term. People often do more when they feel better, but make their pain worse by overdoing it on good days.

You must be in control of your activity levels and not let them be controlled by your pain. Increase in pain or fatigue doesn't mean you have caused yourself damage - **you havent stuck to your time limits!**

