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Date: October 14

## **GOAL PLANNING**

### A. Work

1. Clear away dishes and help with dishwashing (4 to 5 times week)
2. Voluntary work 2 hrs x 2 days week. Arrange part-time work in 2 months
3. Mowing - spread over 2 or 3 days

### B. Pleasurable/ Leisure Activities

1. Prepare seed trays of vegetable seeds Work on vege garden
2. Sand and finish bookshelf
3. Read 4 books. Visit library each fortnight

### C. Daily Exercise

1. Walk briskly once a day for 30 minutes by end of 6 weeks
2. Complete flexion exercises daily (up to 10 each day)
3. Return to swimming gradually (to 2x week x 20 minutes)

### D. Social Activities

1. Phone two friends per week
2. Arrange one social event with family per week
3. To Bowls every 2nd week

### E. Other

1. Up and get dressed by 8:30 each day
2. Reduce day rests to nil or one. Start to practice meditation again.
3. Reduce use of my pain pills

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## Tips for **goal planning**.

1. Goals are *realistic* and *specific*.

An unrealistic goal is “run a six minute mile.”

A realistic goal is “walk briskly for 20 minutes per day.”

A vague goal is “do more around the house.”

A specific goal is “work in the garden for a total of 2 hours.”

2. Set goals for “normal” activity.

Avoid references to managing pain or distress.

So at B, you would not say “going to chiropractor” even though it may be enjoyable.

3. Set timeframe for when all goals are to be achieved or to become part of your routine e.g. by 6 weeks.

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