

# My SMART goals

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

Area of my life	Example goals to give you inspiration	My SMART goals (you don't have to fill them all in)
<b>Social/fun activities</b>	Go out for a meal, watch a film, have a coffee with a friend, do craftwork, plant up a flowerbed	
<b>Work</b>	Paid or voluntary, staying in current role, reduce/increase hours, retrain	
<b>Hobbies</b>	Gardening, fishing, drama, walking, guitar	
<b>Household tasks</b>	Changing and making beds, cooking meals, vacuuming, cleaning, managing finances	
<b>Physical activity</b>	Stretches, walking to the shops, football in park, yoga, swimming	
<b>Caring for myself</b>	Having a bath, putting my own socks and shoes on, cooking a nice meal	