

# My goal ladder

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

**My goal is:**

**My SMART goal at the end of 4 weeks is to:**

	Steps on the way to reaching my goal	Things that will help my progress	Things that might block my progress
Week 4			
Week 3			
Week 2			
START - Week 1			