

## Goal Setting Sheet

Name: \_\_\_\_\_

One of the main aims of the Pain Management Programme is to help you return to some of the activities that you have either stopped doing or significantly reduced because of your condition. We would like you to think about some of these activities and write them down in the boxes below. Think of as many activities as you like, but do not worry if you can only think of a few. We would like you to think about social, physical and cognitive activities.

In the column next to each activity please rate, using the scoring system below, how important each activity is for you and how confident you feel at the moment in your ability to do that activity.

### Scoring System

Social Activities (e.g. cinema, restaurant, phone call, visiting friends/family etc.)		How important is it? (Between 0-5)	How confident are you? (Between 0 - 5)	
			Week 1	Week 6
1				
2				
3				
4				
5				

Physical Activities (e.g., Hoovering, cleaning windows, changing beds, shopping, gardening, sports, gym etc)		How important is it? (Between 0-5)	How confident are you? (Between 0 - 5)	
			Week 1	Week 6
1				
2				
3				
4				
5				
6				

Cognitive Activities (e.g. reading, internet, Sudoku etc.)		How important is it? (Between 0-5)	How confident are you? (Between 0 - 5)	
			Week 1	Week 6
1				
2				
3				
4				

Other Activities (e.g. work, sleep etc.)		How important is it? (Between 0-5)	How confident are you? (Between 0 - 5)	
			Week 1	Week 6
1				
2				
3				
4				