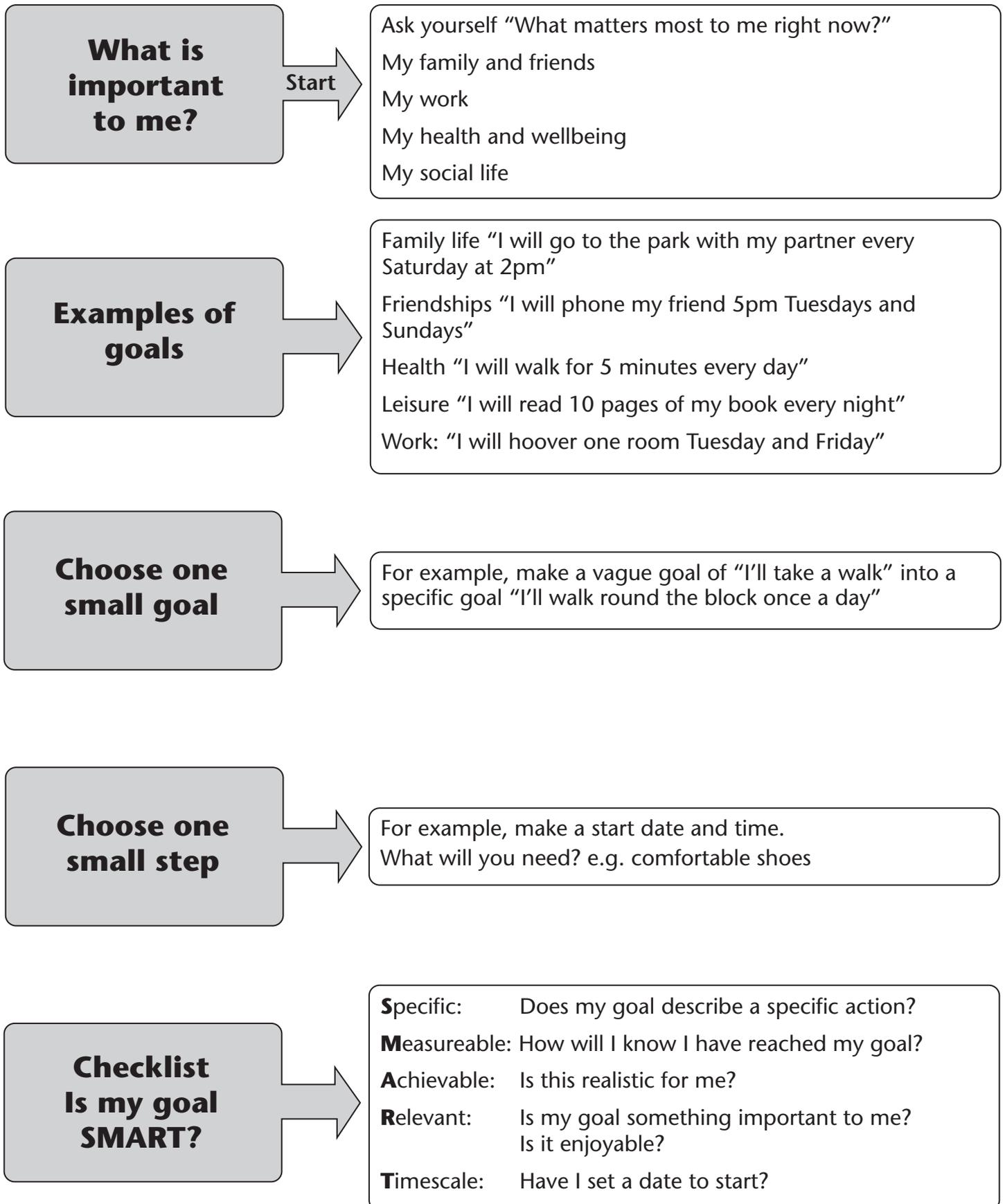


SMART Goals Tool

This tool is for your use during your Nurse Pain Education Session



Remember to reward yourself for making this goal today! Please turn to the next page.

This tool is for your use during your Nurse Pain Education Session

Ask yourself?

What might I gain from reaching my goal? How will this make my life a little bit better?

How confident am I that I can take my first step towards my goal?

0 1 2 3 4 5 6 7 8 9 10
Not confident Very confident

My value What matters most to me?	
My Goal	

Step 1		Achieved
Step 2		
Step 3		

My Rewards
