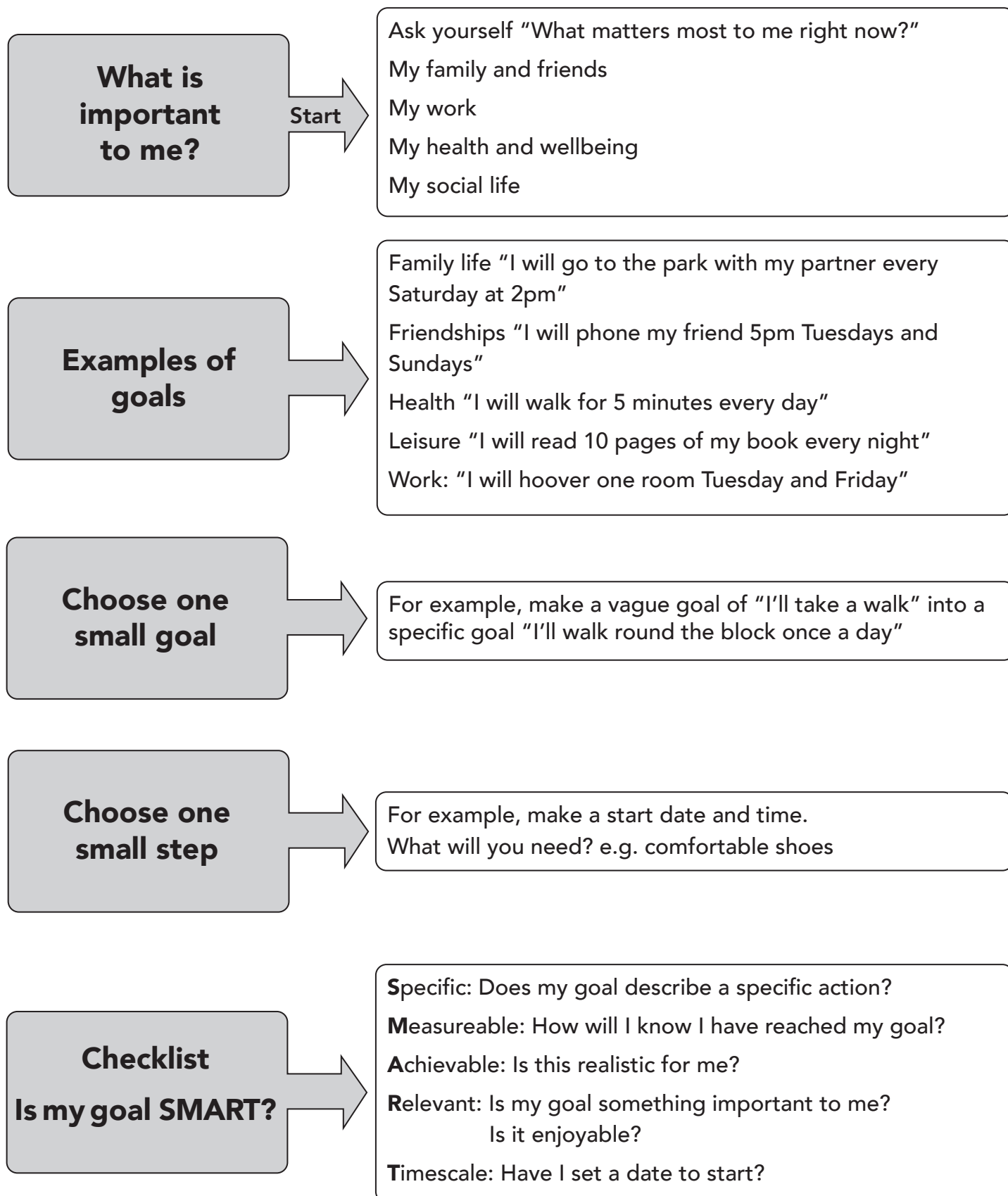


SMART Goals Tool

This tool is for your use during your Manage Pain Session

If you need this information in an accessible format, such as large print or braille, or a community language, please contact us using the contact numbers or email address at the end of this leaflet.



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

This tool is for your use during your Manage Pain 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

Contact Details

For any questions about your appointment, please contact the Pain Management Secretary on ☎ 0141 355 1492 or email ✉ north.painservice@ggc.scot.nhs.uk