

Goal Setting

Just as your symptoms took time to develop, it may take time to move beyond it. The key is to develop a set of goals that you can achieve in a step-by-step way.

Setting goals can be difficult and may trigger some symptoms, it is important to discuss with this your team

- First, **identify your goals**. Goals should be **SMART** (Specific, Measurable, Attainable, Realistic, Timely). For example, 'to go for a 2km run by four weeks time'.
- Next, it's important to **establish a series of small steps** that will lead you from your present level of activity to the achievement of your goal. Using the previous example: it might be that the person can presently walk but feels fatigued and in pain after walking 1km, and they will establish an exercise program to increase the distance walked by 50m a week.
- As part of this process, it will be important to realise **there will be occasional flare-ups**. This often occurs when your activity level has increased by too much. In these situations, you will need to remind yourself that **most likely** there was no further injury and that with adequate management strategies (as guided by your team), you will be able to continue your exercises. **Pacing education** will be provided to by your team to avoid these flare-ups as much as possible.



MY TURN – What are my SMART goals?

Timeframe	Goals