

## GOAL PLANNING AND VALUES

Goal planning can help us stay accountable to ourselves in our pain management, and reflecting on our values can help us make these goals and motivate us when things are tough. Through intention setting, we can reflect on how our daily activities influence our goals.

When setting new intentions or goals, it is helpful to reflect on why we want to change our current situation. Often, goals align with our personal values. Values are your core beliefs that inform the way we interact with the world. Examples of values include: respect for others, accountability, honesty, and connection. Unlike goals that have an eventual endpoint, values follow us in life and are entwined with many things we do.

### INTENTIONS, GOALS, AND DREAMS – WHAT'S THE DIFFERENCE?

To summarize, goals are behaviours with a set end date, while values inform our goals, decision-making, and behaviours. When struggling with new goals, pausing to reflect on “the why” can boost our morale and help us overcome these struggles.

Intentions are set on how you feel in the present moment, while goals look towards the future. Intentions encourage you to reflect and find activities that fit with your values and goals without the checklist or timelines of a goal.

Dreams are bigger picture - your wishes and desires of how you want your life to be. Your dreams allow you to think bold, maybe even beyond what is possible.

A great way to look at it is that your destination is the completion of a goal, while your intentions are the ride to that destination. Your dreams are your desires of how you want to be and what you want to do in your life - big or small.

### SMART GOALS

SMART goals is an acronym for the five things to consider when setting goals in different areas of your life. We are going to dive into the components of SMART goals and learn how you can use SMART goals to support your chronic pain self-management.

**SPECIFIC:** Being specific helps us focus on exactly what we want to accomplish.

For example, instead of saying, "I want to be healthier," a specific goal might be, "I want to improve my daily water intake."

**MEASURABLE:** Measurable means there is data we will use to determine whether or not we have accomplished our goal.

Instead of saying "I want to improve my daily water intake," a SMART goal might be, "I want to improve my daily water intake by adding 8 more ounces of water per week."

**ATTAINABLE:** As much as we want to accomplish big goals, it is important to create goals that are realistic and attainable.

In a perfect world, the ideal water intake for adults is 72-104 ounces every day, but that may not be attainable right now. It's okay to start small and build your way up as you complete your initial goals!

**RELEVANT:** A relevant goal aligns with our values of what is important to us. One way to determine if your goal is relevant is asking yourself, "Why do I want to accomplish this goal?"

Regarding water intake, proper hydration has been shown to improve a variety of pain symptoms, including reduction of inflammation.

**TIME-BOUND:** Time-bound goals keep us accountable to ourselves and to the goals we have set for ourselves.

Looking back at our water goal, a time-bound addition may sound something like, "I want to improve my daily water intake by adding 8 more ounces of water to my daily intake every week until I reach 56 ounces per day." This creates a time-specific goal of 7 weeks if starting from 0 on week 1.

And just like that, we have created a SMART goal!

## RESOURCES

- SMART Goals: A How to Guide. Performance Appraisal Planning (2016-2017):  
[https://www.ucop.edu/local-human-resources/%20\\_files/performance-appraisal/How%20to%20write%20SMART%20Goals%20v2.pdf](https://www.ucop.edu/local-human-resources/%20_files/performance-appraisal/How%20to%20write%20SMART%20Goals%20v2.pdf)
- Shifting Resolutions to Intentions by Shirvin Lee:  
[https://shirvin.ca/blog/shifting\\_resolutions\\_to\\_intentions/](https://shirvin.ca/blog/shifting_resolutions_to_intentions/)

## VALUES WORKSHEET

Choose your top ten values from the table below or choose your own if they are not on the list!

Accountability	Accuracy	Adaptability	Altruism
Ambition	Amusement	Awareness	Balance
Beauty	Boldness	Bravery	Calm
Challenge	Certainty	Charity	Clarity
Comfort	Commitment	Communication	Compassion
Competence	Confidence	Connection	Consistency
Cooperation	Courage	Creativity	Curiosity
Dedication	Dedication	Dependability	Determination
Development	Devotion	Dignity	Discipline
Discovery	Drive	Efficiency	Empathy
Empowerment	Endurance	Enjoyment	Enthusiasm
Equality	Ethical	Excellence	Experience
Exploration	Fairness	Family	Feelings
Fidelity	Focus	Fun	Generosity
Giving	Goodness	Grace	Greatness
Growth	Happiness	Hard Work	Harmony
Health	Courage	Creativity	Curiosity

Humility	Imagination	Improvement	Independence
Individuality	Innovation	Intuition	Joy
Justice	Kindness	Knowledge	Lawful
Leadership	Learning	Logic	Love
Mastery	Maturity	Meaning	Moderation
Motivation	Openness	Optimism	Order
Organization	Originality	Passion	Patience
Power	Productivity	Professionalism	Purpose
Quality	Realistic	Reason	Recognition
Recreation	Respect	Responsibility	Restraint
Risk	Satisfaction	Security	Self-reliance
Selflessness	Sensitivity	Serenity	Service
Sharing	Simplicity	Sincerity	Skillfulness
Solitude	Spirituality	Spontaneous	Stability
Status	Strength	Structure	Success
Support	Sustainability	Talent	Teamwork
Thoughtfulness	Timeliness	Tolerance	Toughness
Tradition	Tranquility	Transparency	Trust
Truth	Understanding	Uniqueness	Unity
Valor	Vigor	Vision	Vitality

Wealth	Welcoming	Wisdom	Wonder
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Next, try to cut this down to the top three values that are most important to you.

**Reflect on the following questions:**

Why are these the most important to you?

How do I know when I am aligned with these values?

How do I know when I am not aligned with these values?

What can I do to align myself with my values should I find myself struggling?

How can I make goals for pain self-management that honour one or all of these values?