

## My pain action plan



Now it's time to start making a plan to improve your pain.

Start with a goal, it can be anything that you would like to achieve that is important to you. When you decide on what you will do to work towards your goal, try to make it:

- **Specific** - not vague.
- **Measurable** - so you know you are doing it.
- **Achievable** - if it's too hard you won't manage it.
- **Realistic** - if it's not possible you might not even get started!
- **Trackable** - something you can record over time and see how you're doing.

Here's an example:

**Goal:** Hemi wants to meet friends on a Wednesday afternoon, but finds he is very sore at that time of the day.

**Actions:** He needs to make changes to his day to manage his pain better.

**Chosen action:** Hemi organises his day so he does household tasks in the morning and has a rest for an hour after lunch before going out.

**Confidence:** He is fairly sure he can do this so rates his confidence as 9 out of 10.

*If a big change feels too much, break it down into a set of steps. Small steps are a great way to start.*



# My action plan: What is my goal and action plan?



## My pain action plan goal:

**Why** do I want to do this? \_\_\_\_\_

**How** will this help? \_\_\_\_\_

**What** could I do to achieve this: \_\_\_\_\_

## My pain action plan:

**How much** or how often will I do this? \_\_\_\_\_

**When** will I do this? \_\_\_\_\_

**Who** can help me: \_\_\_\_\_

**How confident am I that I can do this:** ☹️ 1 2 3 4 5 6 7 8 9 10 😊

Things I am not ready to do yet: \_\_\_\_\_

What might stop me achieving these goals or making these changes? \_\_\_\_\_

You are more likely to be successful if your confidence level is 7 or more. If you are less confident, you might like to make your action plan easier.



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