



Setting Realistic Goals: Articles & Resources

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1. Health Direct Au: [Goal setting>>](#)
2. Mayo Clinic: [Get a Healthy Start to the New Year>>](#)
3. Northern Pain Centre Australia: [12 Quick Tips for Setting Goals with Chronic Pain>>](#)
4. Rehab Therapy: [New Year's Resolutions for Patients with Chronic Pain>>](#)
5. Psychology today: [7 Tips for Setting Achievable Goals>>](#)
6. Health Talk.org: [Pain Management: Pacing and Goal Setting>>](#)