



Effective Goal Setting Discussion Questions

January 2024

1. How has goal setting changed since chronic pain has been in your life?
2. What are the barriers to setting goals? Is your pain/illness a barrier?
3. Do you prefer the term setting goals or setting intentions? and why?
4. What are your day to day goals or intentions?
5. Have you tried 'stacking' your new habit by pairing it with an habit or routine you do already do every day?
6. How do you adapt when you are not able to meet your goals?
7. How do you show yourself self-compassion when setting goals?
8. What are some fun intentions/goals you have for this coming week or month?
9. What gives you the motivation to keeping striving for your goals
10. How can you break your goals down into smaller steps like a daily task?