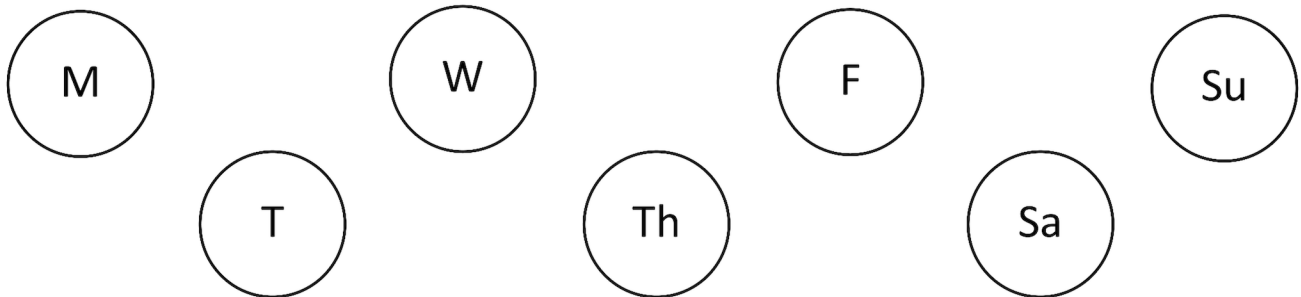


Sleep for Pain Goal Planner

What is your SMART Goal related to sleeping for the week? *Refer to CBT for Chronic Pain course SMART Goals Worksheet for help.*

Fill this out throughout the week. Check off the days of the week that you met this SMART Goal:



What did you do well this week? What is worth celebrating?

Did you face any challenges this week? What could you do better next week?