

Week 1 Reading: Brief Action Planning - Mapping Your Journey

Your meaningful outcome is the destination we are trying to help you move towards. It is the increase in function and/or improvement in your quality of life that you want to see as a result of working with CHANGEpain.

Brief Action Planning (BAP) is the process of intentionally mapping out the steps you are planning to take, in the relatively immediate future, to help you move in the direction you want to go.

The acronym SMART is one that you can use to guide planning your steps toward your meaningful outcome:

Specific: Your plan should be clear and specific

- Example of a plan that is NOT specific: "I want to be more active."
- Example of a specific plan: "I will do 10 minutes of walking every day."

Measurable: You should be able to track and measure your progress

- Example of a plan that is NOT measurable: "I want to eat less refined sugar."
- Example of a measurable plan: "I will eat a maximum of 3 treats per week."

Achievable: You should be able to take action on your plan immediately, and there should be a roughly 80% chance that you will be able to follow through on your plan.

Relevant: Is your plan relevant to your meaningful outcome?

Time-Sensitive/Time-Bound: Your plan should have a definitive end point so you can achieve it, and so that you can assess whether or not it is helping you move in the direction you want to go.

- Example of a plan that is NOT time-bound: "I will meditate for 10 minutes every day."
- Example of a time-bound plan: "I will meditate for 10 minutes every day for the next month."

Think of Brief Action Planning as small steps toward your meaningful outcome; you will likely take a lot of steps to get where you are wanting to go.

For each week, we would like you to create a Brief Action Plan. It is a list of steps that you are going to take that week to move you in the direction of your meaningful outcome. While you are in the program, your action steps might just be the things we are asking you to do, but we want you to develop a habit of reflecting weekly on the step(s) you want to take.

*You don't have to see the whole staircase, just take the first step.
~ Martin Luther King Jr.*