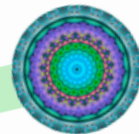
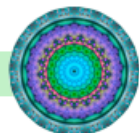




I CHOOSE TO HEAL



EVERYTHING IS TEMPORARY



MAIN GOALS FOR WEEK #1: May 2024

- Try to get plenty of rest (put myself first)
- Really try to stay positive even on chronic pain days
- Learn more about mindfulness

SAMPLE

<< cross out if you don't want to try

| ACTION | GOAL | M | T | W | T | F | S | S |
|----------------|---------------------------------------|---|---|---|---|---|---|---|
| MIGRAINE? | SUFFER LESS | | ✓ | | | | | |
| SLEEP | Get 8 hours of sleep a night | | | ✓ | ✓ | | | |
| WATER | Drink 8 glasses a day | | ✓ | ✓ | ✓ | | | |
| ATTENTION | Keep a migraine diary | ✓ | ✓ | ✓ | ✓ | | | |
| NUTRITION | Eat 'clean' | | | ✓ | ✓ | | | |
| EXERCISE | Just rest this week | | | | | | | |
| YES I CAN HEAL | CREATE AFFIRMATIONS | ✓ | | | | | | |
| MINDFUL HOBBY | Coloring in mandala book | ✓ | | ✓ | ✓ | | | |
| MEDITATION | 10 minute meditation | ✓ | ✓ | | | | | |
| BREATHING | Look up YouTube videos | | ✓ | | | | | |
| STRETCHING | Slowly rotate my neck | ✓ | | ✓ | ✓ | | | |
| MY OWN IDEAS | Look up ways to reduce migraine pain | | | ✓ | | | | |
| | Are heat packs better than ice packs? | | ✓ | | | | | |
| | Monitor my moods: | | ☺ | ☹ | | | | |

<< look for patterns

What interests you this week? >>

TheMindfulMigraine.Blog: HOLISTIC HEALING TRACKER - BEGINNER: you've got this

SELF-HELP GOAL TRACKER
 (GREEN)
 BEST START FOR BEGINNERS
 & THOSE WHO ARE BED-BOUND

EVERYTHING IS TEMPORARY



MAIN GOALS FOR WEEK #1: May 2024

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- Really try to stay positive even on chronic pain days
- Learn more about mindfulness

SAMPLE

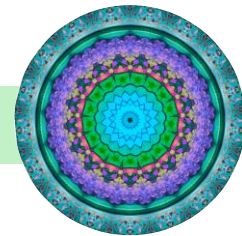
<< cross out if you don't want to try

<< look for patterns

| ACTION | GOAL | M | T | W | T | F | S | S |
|---------------------|---------------------------------------|---|----|---|---|---|---|---|
| MIGRAINE? | SUFFER LESS | | ✓ | | | | | |
| SLEEP | Get 8 hours of sleep a night | | | ✓ | ✓ | | | |
| WATER | Drink 8 glasses a day | | ✓ | ✓ | ✓ | | | |
| ATTENTION | Keep a migraine diary | ✓ | ✓ | ✓ | ✓ | | | |
| NUTRITION | Eat 'clean' | | | ✓ | ✓ | | | |
| EXERCISE | Just rest this week | | | | | | | |
| YES I CAN HEAL | CREATE AFFIRMATIONS | ✓ | | | | | | |
| MINDFUL HOBBY | Coloring in mandala book | ✓ | | ✓ | ✓ | | | |
| MEDITATION | 10 minute meditation | ✓ | ✓ | | | | | |
| BREATHING | Look up YouTube videos | | ✓ | | | | | |
| STRETCHING | Slowly rotate my neck | ✓ | | ✓ | ✓ | | | |
| MY OWN IDEAS | Look up ways to reduce migraine pain | | | ✓ | | | | |
| | Are heat packs better than ice packs? | ✓ | | | | | | |
| | Monitor my moods: | 😊 | ☹️ | | | | | |

What interests you this week? >>

EVERYTHING IS TEMPORARY



MAIN GOALS FOR WEEK #1:

| ACTION | GOAL | M | T | W | T | F | S | S |
|----------------|-------------|---|---|---|---|---|---|---|
| MIGRAINE? | SUFFER LESS | | | | | | | |
| SLEEP | | | | | | | | |
| WATER | | | | | | | | |
| ATTENTION | | | | | | | | |
| NUTRITION | | | | | | | | |
| EXERCISE | | | | | | | | |
| YES I CAN HEAL | | | | | | | | |
| MINDFUL HOBBY | | | | | | | | |
| MEDITATION | | | | | | | | |
| BREATHING | | | | | | | | |
| STRETCHING | | | | | | | | |
| MY OWN IDEAS | | | | | | | | |

I CHOOSE TO HEAL



MAIN GOALS FOR WEEK #2:

| ACTION | GOAL | M | T | W | T | F | S | S |
|----------------|-------------|---|---|---|---|---|---|---|
| MIGRAINE? | SUFFER LESS | | | | | | | |
| SLEEP | | | | | | | | |
| WATER | | | | | | | | |
| ATTENTION | | | | | | | | |
| NUTRITION | | | | | | | | |
| EXERCISE | | | | | | | | |
| YES I CAN HEAL | | | | | | | | |
| MINDFUL HOBBY | | | | | | | | |
| MEDITATION | | | | | | | | |
| BREATHING | | | | | | | | |
| STRETCHING | | | | | | | | |
| MY OWN IDEAS | | | | | | | | |

I AM NOT LIMITED BY MY CHRONIC PAIN



MAIN GOALS FOR WEEK #3:

| ACTION | GOAL | M | T | W | T | F | S | S |
|----------------|-------------|---|---|---|---|---|---|---|
| MIGRAINE? | SUFFER LESS | | | | | | | |
| SLEEP | | | | | | | | |
| WATER | | | | | | | | |
| ATTENTION | | | | | | | | |
| NUTRITION | | | | | | | | |
| EXERCISE | | | | | | | | |
| YES I CAN HEAL | | | | | | | | |
| MINDFUL HOBBY | | | | | | | | |
| MEDITATION | | | | | | | | |
| BREATHING | | | | | | | | |
| STRETCHING | | | | | | | | |
| MY OWN IDEAS | | | | | | | | |

I LISTEN TO MY BODY EVERY DAY



MAIN GOALS FOR WEEK #4:

| ACTION | GOAL | M | T | W | T | F | S | S |
|----------------|-------------|---|---|---|---|---|---|---|
| MIGRAINE? | SUFFER LESS | | | | | | | |
| SLEEP | | | | | | | | |
| WATER | | | | | | | | |
| ATTENTION | | | | | | | | |
| NUTRITION | | | | | | | | |
| EXERCISE | | | | | | | | |
| YES I CAN HEAL | | | | | | | | |
| MINDFUL HOBBY | | | | | | | | |
| MEDITATION | | | | | | | | |
| BREATHING | | | | | | | | |
| STRETCHING | | | | | | | | |
| MY OWN IDEAS | | | | | | | | |