

I AM HEALING BEAUTIFULLY



MAIN GOALS FOR WEEK #1:

I AM HEALING BEAUTIFULLY



MAIN GOALS FOR WEEK #1: JUNE 2024

- Learn more about Yoga and Pilates
- Be more active
- Try to cut back on sugar and coffee???

ACTION	GOAL	M	T	W	T	F	S	S
MIGRAINE?	BE MORE-PAIN-LESS		✓					
SLEEP	Get 8 hours of sleep a night		✓					
WATER	Drink 8 glasses a day		✓	✓	✓			
ATTENTION	KEEP MIGRAINE DIARY		✓	✓	✓			
NUTRITION	Eat less sugar		✓					
EXERCISE	Try Wail-Pilates		✓					
YES I CAN HEAL	Agree to meet with friends		✓					
MINDFUL HOBBY	Finish the family's puzzle		✓	✓	✓			
MEDITATION	20 minute meditation	✓	✓					
BREATHING	10 mins breathwork a day		✓					
STRETCHING	Yoga moves just learnt			✓				
WALKING	Walk the long way to park			✓				
YOGA (TAI CHI) QIGONG	15 minutes each morning			✓	✓			
CBT	<< Cognitive Behaviour Therapy			✓				
MY OWN IDEA	Learn about what the different types of yoga are			✓				

<< look for patterns



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

SELF-HELP GOAL TRACKER (AMBER)

INTERMEDIATE LEVEL: SUITS THOSE WHO ARE SLOWLY GETTING UP & ABOUT

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MAIN GOALS FOR WEEK #1: JUNE 2024

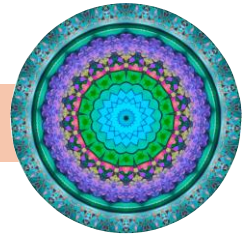
- Learn more about Yoga and Pilates
- Be more active
- Try to cut back on sugar and coffee???

SAMPLE

<< look for patterns

ACTION	GOAL	M	T	W	TH	F	S	S
MIGRAINE?	BE MORE-PAIN-LESS		✓					
SLEEP	Get 8 hours of sleep a night		✓	✓	✓			
WATER	Drink 8 glasses a day		✓	✓	✓			
ATTENTION	KEEP MIGRAINE DIARY	✓						
NUTRITION	Eat less sugar							
EXERCISE	Try Wall-Pilates		✓					
YES I CAN HEAL	Agree to meet with friends		✓					
MINDFUL HOBBY	Finish the family's puzzle	✓		✓	✓			
MEDITATION	20 minute meditation	✓	✓					
BREATHING	10 mins breathwork a day		✓		✓			
STRETCHING	Yoga moves just learnt			✓				
WALKING	Walk the long way to park			✓	✓			
YOGA / TAI CHI / QIGONG	15 minutes each morning	✓			✓			
CBT	<< Cognitive Behaviour Therapy		✓					
MY OWN IDEA	Learn about what the different types of yoga are				✓			

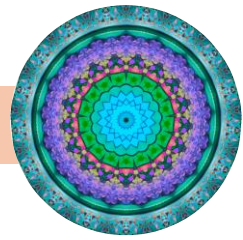
I AM HEALING BEAUTIFULLY



MAIN GOALS FOR WEEK #1:

ACTION	GOAL	M	T	W	T	F	S	S
MIGRAINE?	BE MORE-PAIN-LESS							
SLEEP								
WATER								
ATTENTION								
NUTRITION								
EXERCISE								
YES I CAN HEAL								
MINDFUL HOBBY								
MEDITATION								
BREATHING								
STRETCHING								
WALKING								
YOGA / TAI CHI / QIGONG								
CBT								
MY OWN IDEA								

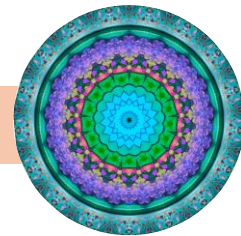
I AM GETTING BETTER EVERY DAY



MAIN GOALS FOR WEEK #2:

ACTION	GOAL	M	T	W	T	F	S	S
MIGRAINE?	BE MORE-PAIN-LESS							
SLEEP								
WATER								
ATTENTION								
NUTRITION								
EXERCISE								
YES I CAN HEAL								
MINDFUL HOBBY								
MEDITATION								
BREATHING								
STRETCHING								
WALKING								
YOGA / TAI CHI / QIGONG								
CBT								
MY OWN IDEA								

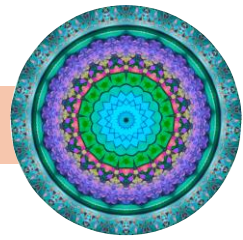
I AM GRATEFUL FOR THE BODY I LIVE IN



MAIN GOALS FOR WEEK #3:

ACTION	GOAL	M	T	W	T	F	S	S
MIGRAINE?	BE MORE-PAIN-LESS							
SLEEP								
WATER								
ATTENTION								
NUTRITION								
EXERCISE								
YES I CAN HEAL								
MINDFUL HOBBY								
MEDITATION								
BREATHING								
STRETCHING								
WALKING								
YOGA / TAI CHI / QIGONG								
CBT								
MY OWN IDEA								

I AM IN TUNE WITH MY BODY



MAIN GOALS FOR WEEK #4:

ACTION	GOAL	M	T	W	T	F	S	S
MIGRAINE?	BE MORE-PAIN-LESS							
SLEEP								
WATER								
ATTENTION								
NUTRITION								
EXERCISE								
YES I CAN HEAL								
MINDFUL HOBBY								
MEDITATION								
BREATHING								
STRETCHING								
WALKING								
YOGA / TAI CHI / QIGONG								
CBT								
MY OWN IDEA								