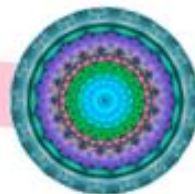


# SELF-HELP GOAL TRACKER

(RED)

ADVANCED LEVEL: SUITS THOSE WHO ARE FEELING ENERGISED & WELL

I AM STRONG AND CAPABLE



MAIN GOALS FOR WEEK #1:  
THINGS ARE GETTING BETTER  
MY HEALTH IS IMPROVING  
I AM GOING TO BE BRAVE  
AND TRY NEW THINGS ☺

<< look for patterns

ACTION	GOAL	M	T	W	TH	F	S	S
MIGRAINE?	THRIVE NOT SURVIVE		✓					
SLEEP	Get 8 hours of sleep a night		✓	✓	✓			
WATER	Drink 8 glasses a day		✓	✓	✓			
ATTENTION	Notice small changes		✓	✓	✓			
NUTRITION	Eat more fruit	✓			✓			
EXERCISE	Experiment with jogging		✓	✓				
YES I CAN HEAL		✓						

# I AM STRONG AND CAPABLE



MAIN GOALS FOR WEEK #1:

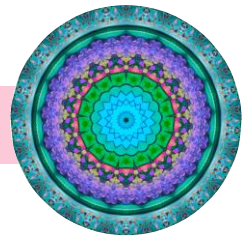
**THINGS ARE GETTING BETTER**  
**MY HEALTH IS IMPROVING**  
**I AM GOING TO BE BRAVE**  
**AND TRY NEW THINGS 😊**

<< look for patterns

ACTION	GOAL	M	T	W	TH	F	S	S
MIGRAINE?	THRIVE NOT SURVIVE		✓					
SLEEP	Get 8 hours of sleep a night		✓	✓	✓			
WATER	Drink 8 glasses a day		✓	✓	✓			
ATTENTION	Notice small changes	✓			✓			
NUTRITION	Eat more fruit			✓	✓			
EXERCISE	Experiment with jogging	✓			✓			
YES I CAN HEAL	CELEBRATE MY GROWTH	✓						
MINDFUL HOBBY	Learn cross-stitch	✓		✓	✓			
MEDITATION	30 minute meditation	✓	✓					
BREATHING	15 mins breathwork a day		✓		✓			
STRETCHING	Qigong exercises – 10 MINS			✓				
WALKING	40min walk every day			✓	✓			
YOGA / TAI CHI / QIGONG	15 minutes each morning	✓			✓			
CBT	<< Cognitive Behaviour Therapy							
HIIT / CARDIO / DANCE	TRY A DANCE LESSON							
MY OWN IDEA	Get a massage							



# I AM STRONG AND CAPABLE



MAIN GOALS FOR WEEK #1:

ACTION	GOAL	M	T	W	T	F	S	S
MIGRAINE?	THRIVE NOT SURVIVE							
SLEEP								
WATER								
ATTENTION								
NUTRITION								
EXERCISE								
YES I CAN HEAL								
MINDFUL HOBBY								
MEDITATION								
BREATHING								
STRETCHING								
WALKING								
YOGA / TAI CHI / QIGONG								
CBT								
HIIT / CARDIO / DANCE								
MY OWN IDEA								

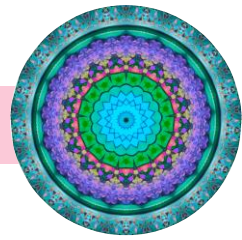
# I LOVE MY BODY



MAIN GOALS FOR WEEK #2:

ACTION	GOAL	M	T	W	T	F	S	S
MIGRAINE?	THRIVE NOT SURVIVE							
SLEEP								
WATER								
ATTENTION								
NUTRITION								
EXERCISE								
YES I CAN HEAL								
MINDFUL HOBBY								
MEDITATION								
BREATHING								
STRETCHING								
WALKING								
YOGA / TAI CHI / QIGONG								
CBT								
HIIT / CARDIO / DANCE								
MY OWN IDEA								

# I HAVE SO MANY WAYS TO MANAGE MY PAIN



MAIN GOALS FOR WEEK #3:

ACTION	GOAL	M	T	W	T	F	S	S
MIGRAINE?	THRIVE NOT SURVIVE							
SLEEP								
WATER								
ATTENTION								
NUTRITION								
EXERCISE								
YES I CAN HEAL								
MINDFUL HOBBY								
MEDITATION								
BREATHING								
STRETCHING								
WALKING								
YOGA / TAI CHI / QIGONG								
CBT								
HIIT / CARDIO / DANCE								
MY OWN IDEA								

# I AM HARNESSING MY INNER STRENGTH



MAIN GOALS FOR WEEK #4:

ACTION	GOAL	M	T	W	T	F	S	S
MIGRAINE?	THRIVE NOT SURVIVE							
SLEEP								
WATER								
ATTENTION								
NUTRITION								
EXERCISE								
YES I CAN HEAL								
MINDFUL HOBBY								
MEDITATION								
BREATHING								
STRETCHING								
WALKING								
YOGA / TAI CHI / QIGONG								
CBT								
HIIT / CARDIO / DANCE								
MY OWN IDEA								