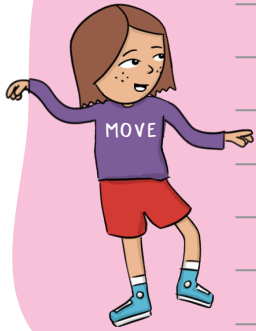


_____ 's Action Plan!

Write your name here 

Think about different parts of your life.
Write your pain hacks in each bubble.
Then you will have your own Action Plan!

1.



Lined writing area for section 1.

2.



Lined writing area for section 2.

3.



Lined writing area for section 3.

Some of these pain hacks could be tricky, so discussing them with a health professional is a great idea.

_____ 's Action Plan!

Write your name here 

4.



5.



6.



If you're stuck for ideas, check out my plan in Book 5, or chat with your health professional!