



## Be Pain Smart – Pain

### My plan to maintain the changes

Put together a plan to help you to maintain the changes you have made.

#### To maintain my changes...

1. *I am going to track my goals and progress. I will stick my goal sheet on my fridge as a reminder to keep going.*
2. *I have put a reminder in my calendar to do a 'check in' with my goals and progress every three months.*
3. *After my 'check in' I will talk with my partner or my doctor and ask for help to put my new plans into action.*
4. *I will keep meditating every day even when I do not feel like it.*
5. *If I get stuck, I will talk to my doctor and try new ways and tools to manage my pain.*



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It is your turn to have a go – write down what you will do to keep things on track.

**To maintain my changes...**

1.

2.

3.

4.

5.