

Name: \_\_\_\_\_

Date: \_\_\_\_\_

What is important to me?  
\_\_\_\_\_Goal: (What do I want to be able to achieve in the next 6 months?)  
\_\_\_\_\_How can I start working on this today?  
\_\_\_\_\_Who can help me stay on track?  
\_\_\_\_\_How will I monitor my progress?  
\_\_\_\_\_When will I review my progress?  
\_\_\_\_\_

## My issues

## My actions

<b>Understanding Pain</b>	<i>eg: Why do I feel pain where I have no sensation?</i>	<i>eg: I will watch "Understanding Pain after SCI" film online</i>
<b>Building my health team</b>	<i>eg: My healthcare team doesn't understand SCI Pain</i>	<i>eg: I will show my healthcare team the SCI Pain Navigator</i>
<b>Physical Activity &amp; Exercise</b>	<i>eg: I am not sure what exercise options are best for me</i>	<i>eg: I will talk to a physiotherapist about setting up an exercise program</i>
<b>Lifestyle &amp; Nutrition</b>	<i>eg: I eat too many processed foods</i>	<i>eg: I will add more fresh fruit and vegetables to my diet</i>
<b>Medications</b>	<i>eg: I am worried about side effects of medication</i>	<i>eg: I will discuss medications with my GP or spinal doctor</i>
<b>Thoughts &amp; Feelings</b>	<i>eg: I feel that nothing can help improve my pain</i>	<i>eg: I will watch the SCI Pain Management films online to help develop a plan</i>
<b>Pain and Sleep</b>	<i>eg: I am unable to get to sleep at night</i>	<i>eg: I will try relaxation practice 15 mins before bed</i>
<b>Flare Up Management</b>	<i>eg: I don't know what to do when my pain flares</i>	<i>eg: I will make a 'flare up plan' of 3 options to try when I get a flare up</i>
<b>Other</b>	<i>eg: I am not able to find recreation options that interest me</i>	<i>eg: I will visit <a href="http://www.d-ability.org">www.d-ability.org</a> and other links from the website for ideas</i>