



## Chronic Pain Reset

30 Days of Activities, Practices, and Skills to Help You Thrive

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with a foreword by Barbara L. Fredrickson, PhD

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Which activities in *Chronic Pain Reset* (pages 152–210) did you star? In the book, the domains listed below each activity appear in descending order of significance to that activity. For example, the primary domain for MINDFUL BREATHING (page 156) is RELAXATION, and the secondary domains are BETTER SLEEP and ADAPTIVE THOUGHTS. In the blank table below, write your starred activities in the Primary or Secondary columns of the appropriate domains. After you note all your starred activities, identify which one in each Domain row appeals most to you and copy it into the Most Exciting column. Finally, prioritize your Most Exciting activities from 1 to 7 in the order that you want to approach or try them. If you need help or inspiration, see page 2 of this worksheet for a sample Thriving Plan.

### My Thriving Plan Worksheet

DOMAIN	PRIMARY	SECONDARY	MOST EXCITING	PRIORITY
RELAXATION				
BETTER SLEEP				
ADAPTIVE THOUGHTS				
PHYSICAL ACTIVITY				
POSITIVE EMOTIONS				
SOCIAL CONNECTIONS				
MEANING & PURPOSE				

**Congratulations, you've just created your very own Thriving Plan!**

## Sample Thriving Plan

<b>DOMAIN</b>	<b>PRIMARY</b>	<b>SECONDARY</b>	<b>MOST EXCITING</b>	<b>PRIORITY</b>
<b>RELAXATION</b>	Paced breathing PMR Nature breaks	Music is medicine Healthy sleep habits	Nature breaks Paced breathing	2
<b>BETTER SLEEP</b>	Healthy sleep habits	Paced breathing Walking program PMR		1
<b>ADAPTIVE THOUGHTS</b>	Reframing Coping coach Self-compassion	Positive piggy bank Gratitude diary	Reframing	3
<b>PHYSICAL ACTIVITY</b>	Walking program Positive service	Pleasant activity scheduling Nature breaks	Walking program	4
<b>POSITIVE EMOTIONS</b>	Positive piggy bank Music is medicine Pleasant activity scheduling	Nature breaks Self-compassion Positive service Plan an aweliday	Music is medicine	5
<b>SOCIAL CONNECTIONS</b>	Daily connection Positive service	Walking program Pleasant activity scheduling Planning an aweliday	Positive service	7
<b>MEANING &amp; PURPOSE</b>	Gratitude diary Planning an aweliday	Pleasant activity Nature breaks Positive piggy bank Music is medicine Positive service	Planning an aweliday	6