

CHRONIC PAIN MANAGEMENT 2023: REFLECTION & NEXT STEPS

This worksheet will help you reflect on your journey with chronic pain management over the past year. Fill in the spaces provided to assess your experiences and plan your health goals for the new year.

What Have You Tried?

Conventional Methods:

Medications:

Physical Therapies:

Surgeries/Procedures:

Holistic Approaches:

Alternative Therapies (e.g., acupuncture, yoga):

Lifestyle Modifications (e.g., diet changes, exercise):

What Has Worked?

Effective Treatments:

Treatments:

What Has Not Worked?

Unsuccessful Treatments/Practices:

Side Effects or Difficulties:

Lessons Learned:

PREPARING FOR THE HACHE PROTOCOL RESET WEBINAR

Reflect on how your past experiences can inform your participation in the upcoming webinar.

Setting Goals for 2024:

Immediate Health Goals:

Specific Goals for the Upcoming Year:

Long-Term Wellness Vision:

Health and Well-Being Vision for the Next Few Years:

Action Steps:

Schedule a Yearly Health Check-up with Your Provider:

Date of Appointment:

Points to Discuss with Healthcare Provider:

Register for the FREE Hache Protocol Reset Webinar on 12/28:

[SAVE YOUR SEAT HERE](#)

Note: Use this worksheet as a guide for a proactive approach to managing chronic pain. Remember, the journey to health is personal and always evolving.

www.PainFreeForLife.com