



Action Plan for My Tension Headache



The action I want to try first is: _____

How Ready Am I?

0	1	2	3	4	5	6	7	8	9	10
<i>Not Ready</i>										<i>Ready</i>

If you chose 0 - 3

What might need to be different for me to consider making a change in the future? Is there something different I feel ready to try right now?

If you chose 4 - 6

What are the pros and cons of making this change? (See "I'm not sure if I'm ready..")

If you chose 7 - 10

What is my goal? (See "I'm ready to take action!" and note your plan below)

My Goal <i>Note what you will do, how long, when and how often you'll do it.</i>	Steps to Success <i>Note ideas for staying on track toward your goal.</i>
<p>Example:</p> <ul style="list-style-type: none"> • Reduce my stress 	<p>Example :</p> <ul style="list-style-type: none"> • Sign up for a stress management class at my local Kaiser Permanente. • Schedule time in my schedule to get outside and exercise.
<p>How I'll reward myself:</p>	