



## Taking Action

### Choose One Activity

As you look over your action options, you may be tempted to jump in and try to “fix” everything at once. But if you’re like most people, you’ll find that trying one thing at a time will help you succeed in gaining freedom from headaches. Where would you like to begin?

You will see a number of options on your action plan. There are also some blank bubbles for you to fill in if you want to start with an activity that is not listed on the plan.

Look at the bubble options on your plan and choose the one you’re most interested in trying first.

### How Ready Are You?

Once you make your choice, ask yourself how ready you are to take action. Circle the number on the plan that describes how ready you feel. Zero means you are not at all ready, 10 means you are completely ready to try the new activity.

If you chose **7-10** see the hints below in “**I’m Ready to Take Action**” and fill out your plan.

If you chose **0-6** consider your pros and cons on the next page under “**I’m Not Sure I’m Ready**”.

## I’m Ready to Take Action!

### Tips for Success

- **Be Realistic:** Set a goal you know you can reach. Small steps add up fast and there’s nothing like success to keep you motivated!
- **Be Specific:** Note exactly what you plan to do, how often you’ll do it and for how long.  
**Example:** I will do my relaxation exercise for 15 minutes at least four days a week.
- **Remind Yourself:** Note some ways you know will help you stay on track.  
**Example:** I’ll block time on my calendar from 4:30 -4:45 on Monday, Wednesday, Thursday and Friday for my relaxation exercises.
- **Plan for Change:** Think about what might get in the way of your success and what you can do to stay on track.  
**Example:** If I need to attend a late meeting on Monday and I miss my relaxation exercise, I’ll do it at home at 8 pm.
- **Reward Yourself!** Find simple, meaningful ways to mark your progress. Some people like the reward of spending time with people they care about, going to a movie, reading a book or getting a massage – what would work for you?

# I'm Not Sure I'm Ready...

## Weight the Pros and Cons

You're not alone. Most people find they have some good reasons for making a change and some good reasons for not making a change. Taking a closer look can help you know if this is the right time for you to take action. Ask yourself two key questions to get you thinking.

- What are some reasons for keeping things just as they are and not making a change?
- What are some reasons to take action to control my headaches?

You may find it helpful to jot down some of the pros and cons and circle how important each one is to you. **1:** not important **2:** somewhat important **3:** very important

Reasons Not to Take Action	Importance	Reasons to Take Action	Importance
	1 2 3		1 2 3
	1 2 3		1 2 3
	1 2 3		1 2 3
	1 2 3		1 2 3
	1 2 3		1 2 3

**You are in charge of your own health habits.** Looking at your reasons and weighing their importance may help you feel more ready to take action. If you feel ready, move on to the action plan.

If you'd like some help taking a closer look at your current health choices or next steps, you may wish to contact your personal physician or make an appointment with a clinical health educator.

If you'd like to continue thinking it through on your own, try these questions on for size:

- How might my life and health be different if I make this change?
- How important is it to me to manage my headaches?

**When you're ready, you'll find a way to manage your headaches. We're here to help.**