

Learning new skills and challenging ourselves to make changes can be difficult especially when we are in pain. The path to motivation is found through attaching the work to something deeply meaningful. **WHY IS PAIN MANAGEMENT IMPORTANT TO ME AND WHAT COULD THIS ADD TO MY LIFE?**

Below we invite you to reflect on these questions and tape a picture, draw an idea, or write the reason you are coming to this program (improved family connection, social experiences, personal growth, freedom/adventure etc.). Each time you open this self-management folder, you will be reminded **WHY YOU ARE DOING THE WORK!**