

RECLAIM YOUR LIFE PIE CHART

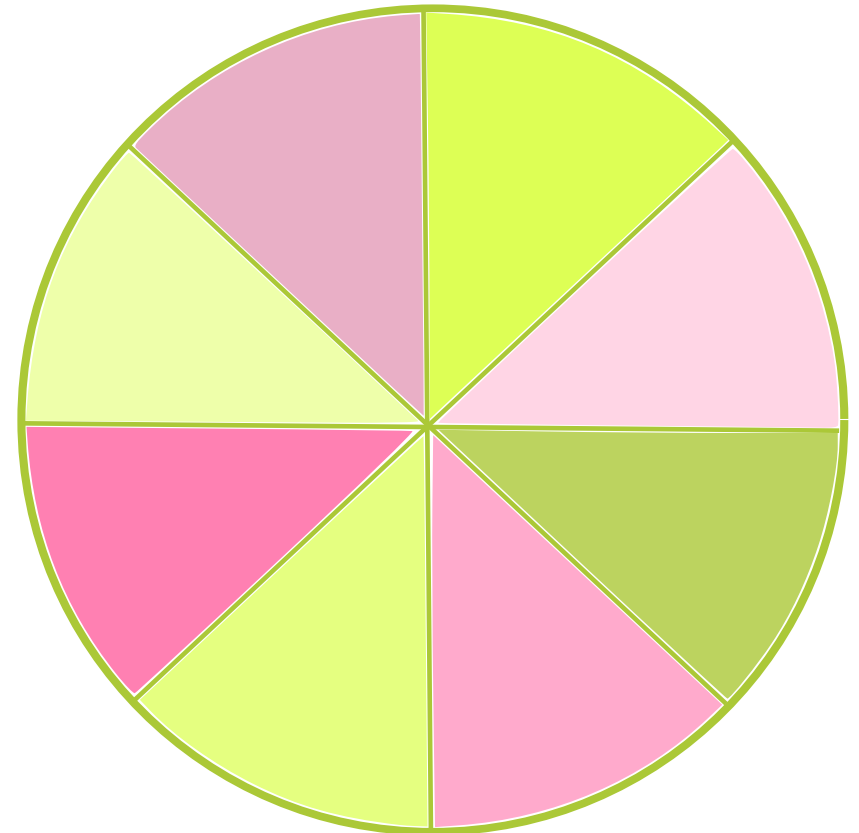
**THINK ABOUT DAYS WHEN YOU FEEL BETTER OR WORSE.
TICK EACH AREA IF YOU THINK IT HAS AN IMPACT ON YOUR LIFE:**

1. Sleep better
2. Pace things so I can cope
3. Put the brightness back in life
4. Move away from thinking about illness all the time
5. Get the best information
6. Face my fears
7. End investigations
8. Break out of ruts and routines
9. Change painful postures
10. Reconnect with my friends
11. Help carers offer me the support I need

LIST ANYTHING ELSE THAT HELPS YOU FEEL BETTER:

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**NOW DRAW THEM INTO THE PIE CHART.
IF YOU NEED MORE SEGMENTS DRAW EXTRA LINES SO
YOU CAN FIT EVERYTHING IN.**



THESE ARE YOUR TARGETS FOR CHANGE.

**LOOK BACK AT THE THINGS YOU WROTE
IN THE SPACES ON THE PIE AND WRITE
THEM AGAIN HERE:**

**NOW PUT THE DATE YOU'RE GOING
TO DO EACH ONE AGAIN HERE:**

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**SO THAT'S YOUR FIRST PLAN, AND, BECAUSE IT'S MADE UP OF THINGS THAT YOU
KNOW MAKE YOU FEEL BETTER, IT'LL WORK.**