

Worksheets

The following Appendices A-H are tools referenced throughout the book. These tools include interactive audio files, reflection activities, videos, and worksheets. These are for use only with this book, and are not to be redistributed, shared or reproduced without expressed consent from the author and publishing entity.

Appendices

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*Printable pdf versions can be downloaded at
<https://thewillpowerwellness.com/pain-guide-worksheets>
(also, there's a link at the very bottom of the main website)
TheWillPowerWellness.com*

Appendices are followed by Resources cited throughout the book.

Appendix A

"Understand the Power of your Thoughts"

(Audio File: reference page 15)

Location:

<https://drive.google.com/file/d/1BYqL1HpvEKcCi8xtVXGGmUhdYt8IG29m/view?usp=sharing>

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Appendix B

"Daily_3 Pink Flags"

(Worksheet: reference page 18)

Location:

https://drive.google.com/file/d/1Fa9qAkIsHnsqN2DsLYVUt_r47B4KV5lN/view?usp=sharing

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Daily 3 Pink Flags

“Pink Flags” are those things that make us feel like ourselves again. They remind us of who we are, and what brings us joy, relief, happiness. It can be difficult to see the pink flags when pain has taken over. For the next 10 days, visit this sheet daily and write down at least 3 pink flags- recognizing all the ways your body, your mindset and your life, serve you (even in the midst of pain). Examples could be: “*walked the dog,*” “*meditated 5 min,*” “*laughed with my coworker,*” “*carried groceries,*” “*turned a negative thought to a positive*” “*ate dinner with family*” “*did big belly breaths*” “*played tennis for 5min*” “*cooked a meal*” and more... (* no flag is too small!)

Date	Physical 	Mindset 	Social 
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			
Day 9			
Day 10			

Appendix C

"Defining Values"

(Worksheet: reference page 21)

Location:

https://drive.google.com/file/d/1dt6Uy67Wo2ul2G3GL_NYVRLMV3SiyD6v/view?usp=sharing

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Appendix D

"Defining Values Video/Activity"

(Video: reference page 21)

Location:

https://drive.google.com/file/d/1vVKm_Ml5LcKuY1Ney4EEplOJf-tpPbK5/view?usp=sharing

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Appendix E

"Big Belly Breaths "

(Audio File: reference page 26)

Location:

<https://drive.google.com/file/d/1tbM94Xu2W676Zrm6Ha427ZSG1z3ELyTL/view?usp=sharing>

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Appendix F

"Taste the Rainbow "

(Worksheet: reference page 27)

Location:

https://drive.google.com/file/d/1B3jUZCcToQQ_j_idZhBzo5ZiT7PxBouq/view?usp=sharing

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“Taste the Rainbow”

This exercise is centered on expanding your mind, your palate, and your eating habits. When it comes to building new, healthier habits, you must first *experience* new, healthy things. Think outside the box and write down foods (mostly natural foods) that you might have never considered eating (and even some you may have tried only once before). ABSOLUTELY NO INTERNET ALLOWED- you can ONLY ask other PEOPLE for suggestions and food ideas on this first part. Have fun!

Color	Choose 3 foods of each color and write one in each box		
Red			
Orange			
Yellow			
Green			
Blue			
Purple			

Commit to this 3-part process (*must be completed within 7 days*)

- 1) Circle 1 food in each color group to explore in the next 7 days. (*total of 6 new foods*)
- 2) Identify 1 recipe (start simple) for each circled food- ask friends, family, even use the internet on this one, etc. Have fun with this part (pairing them together works too)!
- 3) Shopping date: _____ Also, date each food above when it will be eaten (must be within 7 days from now). Enjoy the meals, and take notes, then repeat 1-3.

Notes: _____

Appendix G

"10-Day Activity Plan"

(Worksheet: reference page 28)

Location:

<https://drive.google.com/file/d/18HNMeT41xnZhpZWlAxnMynDtsusMkNlo/view?usp=sharing>


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10-Day Activity Plan

This 10-day activity plan will help you explore ways to bring back your active lifestyle, even amid the pain. The goal is to schedule at least 30 minutes of moderate-intensity exercise or activity for each available day below. Check the box if it is one of your *pink flags* (*brownie points). Remember to return and take notes on the experience and tally your total minutes at the end of the 10-day period.

Date & Time	Activity/Exercise		Minutes planned/used	Thoughts, ideas, feelings about the experience
Day 1: Time:			/	
Day 2: Time:			/	
Day 3: Time:	<i>Rest & Relax Day: On this day, consider deep breath exercises or "restful" activity you enjoy: reading, meditate, music etc. Notes:</i>			
Day 4: Time:			/	
Day 5: Time:			/	
Day 6: Time:	<i>Rest & Relax Day: On this day, consider deep breath exercises or "restful" activity you enjoy: reading, meditate, music etc. Notes:</i>			
Day 7: Time:			/	
Day 8: Time:			/	
Day 9: Time:	<i>Rest & Relax Day: On this day, consider deep breath exercises or "restful" activity you enjoy: reading, meditate, music etc. Notes:</i>			
Day 10: Time:			/	

Total Time: ____ / ____

Notes:

Appendix H

"My Tribe"

(Worksheet: reference page 33)

Location:

<https://drive.google.com/file/d/1JofFgLGbh3NZe87nXPgMm8zyljI-qXfV/view?usp=sharing>

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My Tribe

Sometimes, a warrior must draw strength and resilience from their tribe. This is the collective from which support, motivation, knowledge, and grace flow freely in the battle against chronic pain. Consider your tribe the people who you can call on for understanding, insight, and even a kick in the butt when you need it. This may seem silly in the moment, but when the grips of pain isolate you, it helps to know exactly who to call on... and for them to know how they can support you. Being clear about who is in your tribe, and what role they play will give you ease and comfort when it is time to navigate pervasive pain again, which is surely inevitable. *** Remember, it is IMPERITIVE that you talk to them about this! It can be as simple as saying:

"It's time I get this pain thing under control and take my life back. That means I am getting my support system, my tribe, behind me on this.

Can I count on you to be my _____? If I call on you, can you help me by _____? Thank you so much!"

Name	Role	How you can help me...	Dates Contacted
	Confidant		
	Wellness Coach		
	Counselor		
	Physical Therapist		
	Nutritionist/Dietician		
	Personal/Athletic Trainer		
	Hugs & High Fiver		
	Cheerleader		
	Swift-kick Motivator		
	Workout Buddy		
	Party Planner		
	Yoga/Tai Chi Instructor		
	The Relaxer		
	Physician		