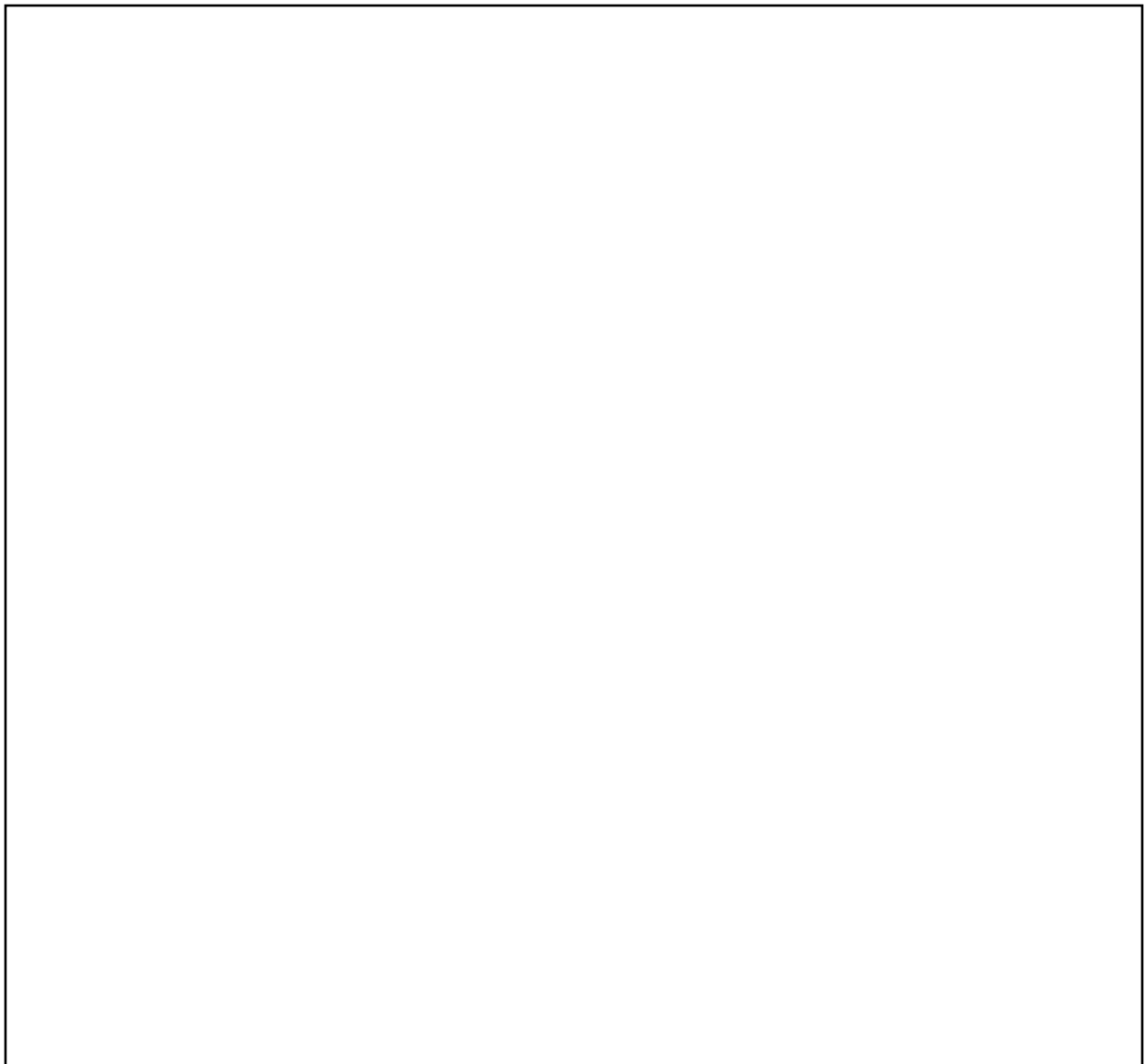


# The Path to Motivation is by Making Change Meaningful

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. **HOW CAN PAIN MANAGEMENT IMPROVE MY LIFE AND WHAT DO I HOPE TO 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 in this program (improved family connection, social experiences, personal growth, freedom/adventure etc). Each time you open this self-management binder you will be reminded why you are doing the work!

A large, empty rectangular box with a thin black border, intended for the user to draw, write, or tape a picture as part of a self-management binder.