



## My Personal plan

### Plan:

I would like to use the following learning / tools / reminders in the weeks ahead to support my Pain Management

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To support me with my project / experiment I will need

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### Overcoming obstacles / questions:

If I wasn't able to work on my personal project this week, what did I notice getting in the way?

Do I have any questions to ask my Pain Management Team?

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Ideas for possible solutions to these obstacles that I can try next time / answers to my questions

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