

The Pain Truth Program DAILY Journal

You are to complete a daily journal for **4-6 weeks**. Your **daily active participation** is absolutely essential for your recovery.

You may write in the journal either in the beginning or at the end of your day. It doesn't matter when you fill in the journal, as long as you do it! Make sure you include activities that you may consider small or insignificant, such as "ate an apple" or "took stairs in mall" or "smelled a bar of soap". With the help of your PTC provider, you may brainstorm to find ONE NEW activity a week that you have not attempted in a long time. A NEW activity could be that you walked 1 minute longer or walked taking a different route in the street.

This is the **most important component of the Pain Truth program** as staying active is the best medicine for your physical and mental health.

Do not underestimate the potential benefits of writing down your physical activities and small pleasures and achievements that move you towards your recovery.

"Happiness is a state of activity" Aristotle

<i>What 3 small physical activities can I do today that will move me closer to my goals?</i> <i>Today, I did...</i>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walk in park 10 min	Gardening 30 min	Swim 20 min	Took stairs in mall	Treadmill 5 min	Gym 1 hr	Physio Exercises
<i>What 3 small pleasurable and positive activities can I do today?</i> <i>Today, I savoured and enjoyed...</i>						
Lunch with friend	Watched basketball	Stroked my dog Max	Played piano	Ate an apple	Mindful breathing 10 min	Listened to music
<i>What am I grateful for today?</i>						
My family & my house	I can walk 10 min	Had a great bowel movement	My dog & my cat	Ate a delicious breakfast	I have a job to go to	Slept well
<i>How was my sleep last night?</i>						
☒ Great ☐ Not quite enough ☐ Hardly slept	☐ Great ☒ Not quite enough ☐ Hardly slept	☒ Great ☐ Not quite enough ☐ Hardly slept	☐ Great ☐ Not quite enough ☒ Hardly slept	☐ Great ☐ Not quite enough ☒ Hardly slept	☐ Great ☒ Not quite enough ☐ Hardly slept	☐ Great ☒ Not quite enough ☐ Hardly slept

You have 2 options for filling in the journal.

Option 1: Complete it before your day begins and set daily goals in each of the sections. If you complete them, great, if not, it's okay, tomorrow is a new day!

Option 2: Complete it at the end of your day and try to think back to what you did during your day.