

Map it Out, Make it Happen



Imagine setting out on a road trip – with no road map, flat tires, and no idea how much gas you had in your tank. It wouldn't be a very easy trip, would it? You can move forward in this journey to live a more fulfilling life in spite of your pain – but start by creating a road map and putting together a team of people who can help you along the way!

| Step 1: Choose Your Need(s) | Step 2: Build Your Team | Step 3: Choose Your Tools |
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| <p>Start by considering all of the “needs” in your life:</p> <ul style="list-style-type: none"> ● Medical needs to manage pain ● Information to help me understand my situation ● Day-to-day physical needs ● Social needs ● Emotional needs ● Help with my academic responsibilities ● Need to feel capable and accomplished at something ● Create your own! | <p>Now determine the people who can help you fulfill each unique need.</p> <p>Think of yourself as Team Captain. It's your job to put together a group of players you can count on. You have a lot of unique needs. That means you're going to need to build a team of unique “experts” with the special skills or resources to handle your requests.</p> <p>Mom, Dad, Sister, Brother, Grandmother, Grandfather, Aunt, Uncle, Cousin, Pet, Best Friend, Close Friends, Boyfriend, Girlfriend, Neighbor, Teacher, Librarian, School Counselor, School Principal, Coach, Teammates, Doctor, Nurse, Physical Therapist, Pharmacist, Psychologist, Clergy, Faith Group, Social Media Friends, Online Experts</p> | <p>Choose the skills you want to build so you have all the “tools” you need moving forward.</p> <p>Communication Skills, Sense of humor, Determination, Can cope with setbacks, Positive attitude, Willpower, Flexibility, Self-awareness, Moral code, Problem-solving skills, Hope, Sensibility, Negotiating skills, Research skills, Sympathy, Self-control, Cooperative, Strong faith, Sense of purpose, Persistence, Self-confidence, Sense of responsibility, Organizational skills, Gratitude, Sincerity, Public-speaking skills, Assertiveness, Empathy, Patience, Independence, Inner peace, Courage, Objectivity, Listening skills, Decisiveness, Ambition, Maturity, Self-reliance, Open-mindedness</p> |
| <p>Need:</p> <hr/> | <p>Your Team:</p> <hr/> <hr/> <hr/> | <p>Tools:</p> <hr/> <hr/> <hr/> |
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