A Toolkit For Hope

Gentle Goal Setting
for those with Fibromyalgia

Third edition
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Workshop Notes

You are braver than you believe, stronger than you seem, & smarter than you think. ~ Christopher Robin to Winnie The Pooh

What Do You Hope For?

"I got a little hope in my pocket / Want to share of it with you..."
~ Bebo Norman, "I'm Alright"

Sample Goal Chart

Primary Goal

(what you want to accomplish/create – end result desired)

Drink 90 ounces of water per day.
By doing this, I will have fewer headaches & fatigue. By choosing healthy beverage choices, I will cut out extra calories. I'll be able to sleep better at night since I'll have less caffeine in my system, which will lead to even more energy during the day. I will possibly have less pain due to better hydration & less artificial sweeteners.

Action Steps To Be Taken To Accomplish Goal/Vision

	Due Date	2nd Level Chart?
Calculate amount of water needed for my weight: 180 ÷ 2 = 90 (weight in pounds ÷ 2 = amount of water in ounces)	Today	☐
Buy 24 oz water bottle so that I have to refill it less often.	Today	☐
Call Missy & order two Shaklee Get Clean® Water pitchers for filtered water in the fridge at work and at home.	Today	☐
Set timer on phone to go off every hour to make sure I've had at least 8 ounces of water that hour.	Today	☐
Look in Tami's newsletter archives to see what flavored bottled water she recommended that has no sweetener & no calories.	Friday	☐
Go to store and buy some of the water Tami recommended to try for those times I want something flavored.	Saturday	☐
Buy other water flavorings to try: lemons, limes, cucumber.	Saturday	☐
Switch out morning coffee to herbal tea.	Month End	☒
Schedule free one-hour coaching session with Tami to get her help in planning how to come off of morning coffee!	Tuesday	☐
Find an app for my phone to help me track how many ounces of water I've had to drink each day.	Next Week	☒
		☐

Current Reality

Currently drinking zero ounces of plain water, 24 ounces of coffee with "goodies" added, and a couple cans of diet soda (caffeinated) per day = 48 oz fluid total. Experiencing dehydration symptoms of headaches and fatigue. Trouble sleeping due to caffeine. Weight gain due to "goodies" in morning coffee. Possibly more pain too.

Goal Planning Chart

Primary Goal

(what you want to accomplish/create – end result desired)

Action Steps To Be Taken To Accomplish Goal/Vision

	Due Date	2Nd Level Chart?
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐

Current Reality

Goal Planning Chart

Primary Goal

(what you want to accomplish/create – end result desired)

Action Steps To Be Taken To Accomplish Goal/Vision

	Due Date	2nd Level Chart?
	_____	☐
	_____	☐
	_____	☐
	_____	☐
	_____	☐
	_____	☐
	_____	☐
	_____	☐
	_____	☐
	_____	☐
	_____	☐
	_____	☐

Current Reality

Quick Reference Chart

Medical Appointments (Recommended)

- ☐ Blood Pressure Screening: yearly
- ☐ Cholesterol Screening: yearly
- ☐ Diabetes Screening: yearly
- ☐ Vision Exam: yearly, if wearing corrective lenses; every 2-3 years if no correction; yearly for all after age 60
- ☐ Tetanus Booster: every 10 years
- ☐ Colon Cancer Screening Discussion: every year after age 45
- ☐ Shingles Vaccine: at age 60
- ☐ Pneumonia Vaccine: at age 65
- ☐ For Women:
  - ☐ Pelvic Exam: every 1-3 years
  - ☐ Breast Cancer Screening Discussion: yearly after age 40
  - ☐ Bone Density Screening Discussion: periodically after age 60
- ☐ For Men:
  - ☐ Prostate Cancer Screening Discussion: every year after age 50

My Specialty Appointments

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Dental Appointments

- ☐ Annual Exam
- ☐ Cleaning: 6 months
- ☐ Cleaning: 12 months

Don't forget your free coaching session!

To book your free one-hour individualized coaching session, go to: FindAFibroCoach.com.

In the "How did you hear about us?" field, please indicate you took the Gentle Goal Setting class, along with the date.

Health Questionnaire

Weight Management

- In the last year, I have: ☐ Gained weight ☐ Lost weight ☐ Stayed about the same
- My weight change was: ☐ On purpose ☐ Not on purpose
- I eat breakfast: ☐ Every day ☐ Most days ☐ 2-3 days/week ☐ When I remember ☐ Rarely ☐ Never ☐ My stomach doesn't want breakfast.
- I eat ___ small healthy meals each day. ☐ 6 or more ☐ 4-5 ☐ 2-3 ☐ One huge meal a day ☐ I often forget to eat
- My weight interferes with my activities: ☐ Daily ☐ A few times a week ☐ A few times a month ☐ Rarely
- If my weight didn't bother me, I would _____

Appreciate the unique beauty and wisdom of your body. Wear it with pride. ~ Ian Lawton

Physical Activity

- Over the last year, I have: ☐ Stayed about the same ☐ Become more active ☐ Become less active ☐ Can't remember the last time I was active
- I do gentle aerobic activity: ☐ Every day ☐ 4-6 days/week ☐ 2-3 days/week ☐ Rarely ☐ Are you kidding?
- I do gentle strength training: ☐ 3+ days/week ☐ When I remember ☐ Rarely ☐ Does getting out of bed count?
- During a normal day I: ☐ Do physical work ☐ Stand or walk most of the time ☐ Sit some of the day ☐ Sit most of the day ☐ Am in bed, lying down
- My level of physical fitness interferes with my activities: ☐ Daily ☐ A few times a week ☐ A few times a month ☐ Rarely
- If I was more physically fit, I would _____

Once you choose hope, anything's possible. ~ Christopher Reeve

Health Questionnaire

Pain Management

- In addition to my overall fibromyalgia pain, I have: ☐ Headaches ☐ TMJ ☐ Neck pain ☐ IBS ☐ Back pain ☐ Hip and/or leg pain ☐ Joint pain ☐ Other _____
- On a scale of 1-10, my average pain each day is: _____
- I would rate my pain above a 4: ☐ Every day ☐ A few times a week ☐ A few times a month ☐ I occasionally experience breakthrough pain ☐ Almost never ☐ Never
- Pain interferes with my activities: ☐ Every day ☐ A few times a week ☐ A few times a month ☐ Only if I overdo things ☐ My pain is under control
- I use the following pain therapies: ☐ OTC medications ☐ Preventative Rx medications ☐ Rescue Rx medications when I need them ☐ Massage ☐ Chiropractic ☐ Acupuncture ☐ Other _____
- If I didn't hurt, I would _____

Nothing is impossible, the word itself says "I'm possible!"
~ Audrey Hepburn

Sleep Health

- I sleep: ☐ More than 10 hours a night ☐ 8–10 hours a night ☐ 6–8 hours a night ☐ Less than 6 hours a night ☐ Sleep? What's that?
- When I go to bed: ☐ I fall right to sleep ☐ It can take me a little while to fall asleep ☐ I toss and turn until I finally fall asleep ☐ I told you, I don't sleep!
- Once I'm asleep: ☐ I sleep straight through the night ☐ I wake up during the night and can't get back to sleep ☐ I wake up during the night, but fall back asleep
- If someone sleeps in the same room with me, they: ☐ Have to wear ear plugs ☐ Have no trouble sleeping ☐ Say I toss and turn all night long ☐ Say I grind my teeth at night
- I wake up in the morning: ☐ Refreshed, rested, and ready to start my day ☐ Tired, but a cup of coffee will do it ☐ Feeling like I never really slept ☐ Completely exhausted; more tired than when I went to bed ☐ Morning? What's that?
- To help me sleep I use: ☐ OTC medications ☐ Rx medications ☐ Massage ☐ Exercise ☐ Acupuncture ☐ CDs ☐ Meditation/Prayer ☐ Herbal remedies ☐ Other_____

Healing takes courage, and we all have courage, even if we have to dig a little to find it. ~ Tori Amos

Health Questionnaire

Nutrition

- I take vitamin and mineral supplements: ☐ Daily ☐ When I remember ☐ As prescribed by my doctor ☐ Never
- I eat fish that's high in omega-3: ☐ More than 2–3 times a week ☐ 1–2 times a week ☐ Less than once a week ☐ Never ☐ I take fish oil daily
- I eat dairy products that are: ☐ Low-fat or skim (fat-free) ☐ I don't eat dairy (but get calcium from other sources) ☐ Full fat (whole milk)
- I eat mostly: ☐ white starches (white bread & rice, tortillas, pastas) ☐ unprocessed, whole grains, cereals, and brown rice ☐ low carb, avoiding grains and starches.
- I eat ___ servings of vegetables a day: ☐ More than 5 ☐ 3–5 ☐ 1–3 ☐ 0
- I eat ___ servings of fresh fruit a day: ☐ More than 3 ☐ 1–3 ☐ 0
- When it comes to fats: ☐ I eat a high-fat, low-carb diet ☐ I eat healthy fats like salmon and avocado ☐ all my favorite foods are fried ☐ I eat a low-fat diet ☐ I don't care

Dinner prep starts long before dinner time. Planning for healthy meals means planning for health. ~ Sue Ingebretson

Other Concerns

Take care of your body. It's the only place you have to live. ~ Jim Rohn

Health Questionnaire

Basic Health Care

- I last visited my primary care provider for a basic check up and blood work:
  ☐ Less than 6 months ago ☐ 6 months-1 year ago ☐ 1 year or longer ago ☐ No idea
- I: ☐ experience hot flashes ☐ experience irritability during the month ☐ experience heavy bleeding and/or cramping ☐ have no idea what PMS is
- I am taking: ☐ no medications ☐ 1-3 medications ☐ 4-5 medications
  ☐ 6-8 medications ☐ 9 or more medications
- I have: ☐ 1-2 areas of concern ☐ 3-4 areas of concern ☐ need a lot of help!
- I have support for my health goals from my: ☐ Family ☐ Friends ☐ Co-workers
  ☐ A Coach ☐ A Support Group ☐ Nobody
- My health interferes with my daily life by _____

Being alive is a gift. Nurturing your body is just a way to say thank you. ~ Lissa Rankin, MD

Stress Management

- The last time I had a good laugh was: ☐ Today ☐ This week ☐ This month ☐ Last month
  ☐ I can't remember when
- I find myself getting upset or stressed: ☐ Daily ☐ A few times a week
  ☐ A few times a month ☐ Rarely
- I would describe my marriage or significant relationship as: ☐ The best ☐ Happy ☐ Pretty good ☐ OK ☐ I'm unhappily married or recently separated ☐ I'm single
- I have: ☐ Several close friends ☐ Someone I can call on in an emergency ☐ Fewer than 2 close friends ☐ A pet who loves me ☐ I'm alone
- In the last 12 months I have: ☐ Gotten married, separated or divorced ☐ Changed personal habits (eating, sleeping, recreation, social, etc.) ☐ Had sick or injured family members
  ☐ Been sick or gotten hurt myself ☐ Moved ☐ Changed the amount or kind of work I do
- I currently use the following stress management techniques: ☐ OTC medications
  ☐ Rx medications ☐ Massage ☐ Acupuncture ☐ Exercise ☐ Meditation/Prayer
  ☐ Herbal remedies ☐ Other _____

You can get old pretty young if you don't take care of yourself. ~ Yogi Berra

Extra Notes

If you can create bad habits, you can create new, beneficial ones.
~ Lori Shemek, PhD, CNC

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Meet Your Coach

As Founder of the International Fibromyalgia Coaching Institute, Tami Stackelhouse dreams of a day when all fibromyalgia patients have access to the care and support they need to thrive; she is doing all she can to make that dream come true.

Diagnosed with fibromyalgia in 2007, Tami's illness became so severe that she filed for Social Security Disability in 2008. By the time her disability case made its way to a judge in early 2010, her health had improved so much that she no longer qualified. Today, Tami is thriving, with enough energy to do the things she wants to do and no body pain. Her compassion, gentle support, and fun coaching style help those all over the world with fibromyalgia take back control of their lives.

Tami is the host and creator of the *Fibromyalgia Podcast,* has served as a mentor and instructor for many local and national organizations and support communities, and is the award-winning author of *The Fibromyalgia Coach: Feel Better, Change Lives, and Find Your Best Job Ever* (Morgan James Publishing, 2018) and *Take Back Your Life: Find Hope and Freedom from Fibromyalgia Symptoms and Pain* (Difference Press, 2015).

About IFCI

The International Fibromyalgia Coaching Institute trains patients, advocates, and providers on how to help fibromyalgia patients live their best life possible.

IFCI offers a professional training and certification program for those wishing to work as a Certified Fibromyalgia Coach or Advisor. Patients can connect with Coaches and Advisors worldwide through IFCI's "matchmaking" program online at FindAFibroCoach.com. Scholarships are available to patients who may not be able to afford coaching due to their financial situation.

In addition to providing education and awareness for the invisible illness of fibromyalgia, IFCI is committed to funding research to find proven therapies and answers. To that end, they donate a portion of each student's tuition to various research and awareness organizations worldwide.

Even the lone ranger didn't do it alone. ~ Harvey MacKay

Tami Stackelhouse

International Fibromyalgia
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IFCInstitute.com

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