

# How Am I today?



## How am I today?

### How to use the... How am I today? Pain Toolkit Tool

1<sup>st</sup> week circle from 1-5 how confident you are to self-manage a problem or concern.

1 being not a problem or concern and 5 being the most.

2<sup>nd</sup> and future weeks, again circle how confident you are to track how you have progressed.

Ask yourself...

- What have I learned from this today?
- How do I want to be tomorrow?  
(not do, but be)

Show this to your health care professional, so they can see what support you may need.

Good luck  
Peter Moore  
Co-author of Pain Toolkit