

**Headache Freedom Plan**

In order to achieve headache freedom, you have to design a program that is unique to you, as your circumstances are unique to you. If you have been taking notes and doing the exercises at the end of each chapter, you have already started designing your treatment plan for headache freedom. The answers to the following 12 questions will help you to design your own **9 Steps to Headache Freedom** below.

Answer the following 12 questions:

1. What do I want my life to be like:
2. What are the most important things in my life:
3. What are my triggers:
4. Am I a stressful person? What causes me stress? What was my Stress Impact Index? What is my StressType?
5. Do I sleep well? Do I wake up refreshed?
6. Am I willing to take medications to stop the pain?
7. Do I have any health conditions that may affect the choice of medications?
8. Am I truly healthy according to the Positive indicators of health mentioned in chapter 17?
9. Am I willing to try acupuncture? Homeopathy?
10. Do I have sensitivities/allergies?
11. Am I willing to spend time on relaxation strategies?
12. Am I willing to change my lifestyle to achieve headache freedom?

**9 Steps to Headache Freedom**

The Action Exercises and the answers to the above 12 questions will help you to design your own personalized **9 Steps to Headache Freedom**:

1. Abortive therapy:

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2. Preventative therapy:

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3. Acupuncture/Homeopathy:

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4. Exercise Plan:

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5. Relaxation Plan:

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6. Nutrition plan with allergy elimination:

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7. Supplements:

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8. Yoga:

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9. My Life's Purpose:

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