

## Instructions

Think of a specific behavior you want to develop to improve your migraine. Then identify your stage of readiness to make that change now, and follow the recommendation. You can use your free two-week trial of the Ctrl M Health app to continue your progress. Visit: [ctrlmhealth.com/app](https://ctrlmhealth.com/app)

## Precontemplation: Not ready to make the change

**Recommendation:** Write a pro/con list of the benefits and drawbacks of making the lifestyle change. Think both short and long-term. Talk it through with your providers or others with migraine. Then decide if making this lifestyle change is worth the effort.

**Continue your progress:** In the app, read or listen to our modules, which explain **Why**, **What**, and **How** each lifestyle change is important for migraine.

## Contemplation: Thinking about making the change

**Recommendation:** Take a moment to imagine how you will look and feel having made the change. What does it allow you to do? How do you feel? Visualization is a powerful tool for change because the brain sees it as real.

**Continue your progress:** Complete our **Ideal Health Visualization** at least two times this week to build your motivation.

## Preparation: Preparing to make the change

**Recommendation:** Write down your goals and related action steps. The act of writing goals makes the brain take notice and start to orient toward next steps.

**Continue your progress:** Complete our **Set a Reach Goal** activity, which has all the ingredients that make up a successful action plan.

## Action: Already making the change

**Recommendation:** Track your progress. Then, consider what is working and what isn't. What needs adjusting? Make sure to reward yourself for each tiny action step you take.

**Continue your progress:** Complete our **Habit Tracker** activity, which will help you turn your new healthy habits into lasting routines.

## Maintenance: Maintain your progress

**Recommendation:** Keep it interesting! Now that you are accustomed to your new lifestyle behaviors, include variety to keep up your motivation.

**Continue your progress:** Our app has over 130 activities to give you variety and keep you motivated. We encourage you to **explore** and **dabble** in new activities. Make it a goal to try at least one new activity each week to keep up your momentum!

There is progress ahead. Sign up for your free 2-week app trial and try the recommendations based on your stage of change at [ctrlmhealth.com](https://ctrlmhealth.com).

