

ACTIVITY:	
Cutting out the distractions	
Where will you do the activity?	
Who else will be around?	
What time of the day will you do it?	
What distractions might be present?	
How will you deal with those distractions?	
Practising and repeating	
How can this activity become part of your daily life?	
Practising with mental rehearsals	
Where and when could you mentally rehearse it? (Hint: do you commute to work on the bus or train?)	
Practising even when you are in pain	
How could you adapt the physical requirements of the activity to reflect your pain levels?	