

FibroFighter Personal Resolution

Stand firm, do not bend

The more determined you are to face fibromyalgia head on, the more successful you will be. By making a personal resolution to do everything you can, you are promising yourself the best life.

Resolution Number One:

I resolve to educate myself more fully about fibromyalgia. I will do my utmost to keep up to date on new findings to help me continually improve my methods of fighting fibromyalgia.

Resolution Number Two:

I resolve to surround myself with a network of people who are willing to understand my condition and give me the support I need. I will work to teach them about fibromyalgia so that they will be in a better position to understand what I am going through.

Resolution Number Three:

I resolve to keep a positive outlook and recognize my limitations. I will focus on what I can do, not on what I cannot and I will surround myself with those who help me to maintain my positive outlook.

Name: _____

X _____

Date: \ \ _____