THE MISSING PIECE

Your Pre-Training Workbook

Why Women Who Do Everything Right Still End Up with a Migraine

A NOTE BEFORE YOU BEGIN

Do not skip this.

I know you registered for the training and this workbook showed up and your first instinct might be to set it aside and come back to it later. Or not at all.

Please do not do that.

What you are about to write down is going to make everything we cover hit you in a completely different way than if you had just shown up cold.

The women who do this work before we go live together walk in already connecting dots they have never connected before.

It should take you about fifteen to twenty minutes. Find a quiet spot. Be honest. Nobody is going to see this but you.

Here is to your Migraine Freedom,
Debbie

PAGE 1: THE MATH

Most women with chronicmigraines have never done this. And once you do it, you cannot unsee it.

Let us figure out how much of your life migraines have actually taken.

STEP 1: How many migraines do you get per month on average right now?

migraines per month

STEP 2: On average, how many days does each migraine last, including the recovery day after?

days per migraine

STEP 3: Multiply those two numbers together.

[ ] × [ ] = days/month in migraine

STEP 4: Multiply that number by 12.

[ ] × 12 = days/year in migraine

STEP 5: How many years have you been dealing with chronic migraines?

years

STEP 6: Multiply your days per year by the number of years.

[ ] × [ ] = total days of your life

Now convert that to months. Divide your total days by 30.

[ ] ÷ 30 = months of your life in migraine

Sit with that number for a moment.

Not hours. Not days. Months of your life.

Now write it out in a sentence below: Something like *"I have spent approximately ____ months of my life in migraines."*

How does it feel to see that written out?

PAGE 2: THE REAL COST

Numbers tell one part of the story. This page tells the rest.

Migraines do not just cost you days in bed. They cost you moments. Relationships. Identity. A version of yourself you never got to be.

Answer these honestly. There are no right answers. This is just for you.

WHAT HAVE MIGRAINES MADE YOU MISS?

Think of a specific moment. A trip. A celebration. A day with someone you love. A work opportunity. Something you cannot get back.

HOW HAVE MIGRAINES AFFECTED YOUR WORK OR CAREER?

Have you turned down opportunities? Called in sick. Underperformed on days that mattered. Been passed over for something because your body was unpredictable.

HOW HAVE MIGRAINES AFFECTED THE PEOPLE YOU LOVE?

Think about your kids, your partner, your parents, your friends. What have they absorbed because of your migraines? What have you had to ask of them that you hated asking?

WHAT VERSION OF YOURSELF HAVE MIGRAINES TAKEN?

Before the migraines got bad, or before they became chronic, who were you? What did you do freely that you no longer do? What did you say yes to without thinking twice?

COMPLETE THIS SENTENCE:

“If migraines were no longer running my life, the very first thing I would do is...”

PAGE 3: YOUR TREATMENT LIST

This page is going to feel familiar.You have lived it.

In the left column, write down everything you have ever tried for your migraines. Every medication. Every supplement. Every diet. Every specialist. Every therapy. Every approach. Everything.

Leave the right column blank for now. We are going to use it together during the training on August 18th.

WHAT I HAVE TRIED | WHAT IT WAS AIMED AT (Fill in left column now. Leave right column for the training.)

When you look at this list, what do you notice?

How many of these things helped for a while and then stopped working?

How many of these things are you still doing right now even though you are not sure they are making a real difference?

PAGE 4: YOUR VISION AND YOUR QUESTIONS

We are almost done. This last page is the most important one.

WHEN THINGS ARE DIFFERENT.

Not if. When.

Because I want you to come into this training believing that different is possible. Not a guarantee of zero pain forever. But genuinely different.

Women I work with go from daily migraines to one or two a month they consider a minor headache. From fifteen migraines a month to a couple of days of mild pressure. From hormonal migraines every single month to just feeling a little off some days.

Different is possible. And I want you to know what your version of different looks like before we go live together.

When your migraines are no longer running your life, what does a normal Tuesday look like for you?

What do you say yes to that you currently say no to or yes to with dread?

Who notices the difference first? Your kids. Your partner. Your coworkers. Your patients or students. And what do they notice?

YOUR QUESTIONS FOR THE TRAINING

Write down the one or two questions you most want answers to. The ones you have never gotten a straight answer to. The ones you stopped asking because nobody seemed to know.

Bring these with you. I answer questions live, and I want to know what you came for.

Question 1:

Question 2:

BRING THIS WITH YOU TO THE WORKSHOP

Especially page three. We are going to use it together during the training in a way that is going to make everything click.

See you then.
Here is to your Migraine Freedom,
Debbie



This is what Migraine Freedom actually looks like. Not a perfect diet. Not a controlled life. Just a body that can finally handle what life throws at it.

Debbie Waidl
Migraine Freedom Expert and Functional Health Coach Freedom From Migraines Method®

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