

*Your Guide to Taking an Injury & Making the Best of it.
(my personal sheet)*

REASONS THIS ISN'T FAIR	WHAT WOULD BE WORSE?	NEW VIEW
I was just about to graduate physical therapy, now I'm hurt again.	Having to do physical therapy for both this and my nerve damage.	I wouldn't want this to happen again because I don't like being injured, but I'm thankful that I have the opportunity to work with a physical therapist who already knows me, and I trust.
I've been through so many medical issues in the past year, I just want a break (no pun intended) for once.	Having multiple medical issues that are long term, or genetic. That would be more expensive.	I wouldn't want this to happen again, because I would have to go through this process again. However, I'm thankful that my broken leg can be fixed with time, and that I don't have to get surgery for it.
I have to walk around on crutches or in a wheelchair, can't do any sports, or hike in this wonderful spring weather	Having to permanently be in a wheelchair, or have something that prevents me from going outside for the rest of my life.	I wouldn't want this to happen again, because I value my exercise time, and love hiking outside. However, I am thankful for the opportunity to have a reason to stay inside and have more time to devote to my blog.
Being injured is expensive.	Having to have surgery, or not having met my deductible already for the year.	I wouldn't want this to happen again, because I would love to use the money I spend medically to invest in my business, or travel. However, I am grateful that I have met my deductible, and still have enough money to live off of.
I just started my new part-time job, which requires me to be able to be on my feet all day, and now I won't be able to do it.	If my part-time job was my full time job, or if I wasn't able to run my business from home.	I wouldn't want this to happen again, because I love my new job and want to be hanging out with my coworkers. However, I am thankful that I have a boss that didn't fire me for this, and is willing to let me work through my issues.

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