

LIFESTYLE GOALS AND STRATEGIES



Pick at least **two lifestyle goals** below, then choose the strategies under each to help you achieve them. Feel free to write in goals and strategies that can help you.

☐ **Reduced anxiety or stress related to my diagnosis**

- ☐ Use relaxation, meditation, prayer, visualization
- ☐ Journal
- ☐ Give positive self-talk
- ☐ Confide in a trusted person
- ☐ Consult with a doctor
- ☐ Other

☐ **Increased confidence to manage my diagnosis**

- ☐ Join a support group and share
- ☐ Use relaxation, meditation, prayer, visualization
- ☐ Journal
- ☐ Give positive self-talk
- ☐ Confide in a trusted person
- ☐ Increase knowledge of my disease
- ☐ Consult with a doctor
- ☐ Set realistic daily goals
- ☐ Set aside time for rest
- ☐ Other

☐ **Increased support mechanisms**

- ☐ Join a support group and share
- ☐ Consult with a doctor
- ☐ Ask family or friends for specific help
- ☐ Other

☐ **Increased awareness and management of appropriate/essential/important nutrients with or without flare-ups**

- ☐ Use a food tracking resource
- ☐ Meet with dietitian/doctor to develop a meal plan
- ☐ Become more familiar with food labels
- ☐ Explore MyPlate.gov website
- ☐ Other

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