

Lifestyle Goals and Strategies



Your well-being is so much more than simply your symptoms. It's also important to set goals about your overall health. Below is a list of several lifestyle goals and actions to consider.

Choose at least one goal and then select at least one action to help achieve that goal. 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 awareness and management of essential 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

☐ **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

Goals

1. _____

2. _____

3. _____

4. _____

Actions I Can Take

1. _____

2. _____

3. _____

4. _____