

Staying on Track With Your Treatment Plan

➤ It's important to take your medication exactly as your doctor prescribed. This gives it the best chance to work.

Use this worksheet to set goals that can help you stay motivated in your treatment plan.

Set Goals and Stay Motivated

Setting goals is an important part of staying motivated. When you set goals, keep these things in mind to set yourself up for success:

- ✓ Make sure your goal is clear and specific
- ✓ Break up a big goal into smaller steps and focus on one step at a time
- ✓ Be sure that your goal can be reached. When you focus on something you feel you can achieve, you're more likely to stay motivated

Answer these questions to help you make your goal specific. The more exact your goal is, the easier it will be to make a plan for reaching it.

My goal: _____

What small step can I make today?	How often will I work on it?
Who can help me along the way?	How long will it take?

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What's Important to You During Treatment?

Stay motivated to stick to your treatment plan by remembering your personal reasons for treatment. Think about why taking your medication is important to you.

Write your personal reasons in the boxes below for a motivating reminder.