



## Patient Module Part 3

### Staying on Track with Your Life Plan

Now that you have created a life plan and started making your goals happen, it's time to work on staying on track with your life plan goals. Use this resource to select how you will stay on target to meet your life goals and enhance your quality of life.

#### How am I going to check my progress?

- Use a paper desk calendar or your phone calendar to track milestones
- Set up calendar reminders on your phone for a specific time each week to review
- Make a to-do list to track progress toward your goal and check it regularly
- Make sure your plan is visible to you daily (e.g., taped to your bathroom mirror, on your refrigerator, next to your medicine box, or on your car dashboard)

#### Who can help me stay on target as I work toward my goals?

Ask someone you trust to discuss your goals with you every few weeks or at least once a month. This person can be a:

- Social worker from the facility
- Close friend or family member
- Peer support group member
- Peer mentor or other dialysis patient at your dialysis facility
- Mental health professional
- Other



#### How will I know if I need to make changes in my plan or goals?

As your life changes, you may need to change or update your life goals.

- You may experience a major event in your life, like moving, loss of caregiver support, or financial changes
- Feeling like your plan or goal is not something you are looking forward to or it is causing you stress
- If you are struggling to reach your goal:
  - Take a break, review the goal, and change the goal if needed
  - Ask people you trust for their ideas on what you can do

#### How will I know I've met my goals?

- Assign dates to each goal or each step in achieving a goal
- Once the goal has been met, check it off your to-do-list

#### What do I do next?

- Celebrate!
- Share your success with others
- Come up with new goals you want to work toward
- Encourage others to set life plan goals (i.e., your caregiver)

