

Relationship Between Health and Goals



GOAL	HEALTH ISSUE	IMPACT	POTENTIAL SOLUTION
To meet new people.	Uncomfortable discussing my health condition with my friends.	Decline invitations to activities where my health condition may come up.	Script out what I might say and bring it up myself with two potential friends I've identified.
To do well in school.	Mixed up medications and now labs indicate my health is declining.	Missed school leading me to fall behind in my schoolwork.	Ask my care team questions if I don't understand what I need to do for my health. Ask my care team why I need to do something so I can stay healthy and can go to school.
To get along with my boyfriend or girlfriend.	Missed medication dose and now I'm not feeling well.	Get grouchy and argue with boyfriend or girlfriend.	Set medication reminders (on my phone, on a post-it note) to remember to take medications regularly so that I feel less grouchy.
To keep a job.	When I'm stressed, I don't feel well and have more trouble doing the things I need to do to care for my own health.	When things are tough, health issues make me miss a lot of work.	Practice ways to manage stress so I don't feel bad when I am stressed. Learn to communicate with my employer about my health and need for accommodations.
To travel to new places.	Not currently familiar with how to manage my health on my own.	I am worried about traveling away from parents.	Prepare a plan to use specifically for a particular trip. Go on a smaller trip and follow my plan. Based on my experience, plan progressively bigger trips.
To help other people.	Missed my last few appointments because I didn't have a ride. Now my test show my health is not doing well.	Can't get medical clearance to volunteer.	Ask someone (my aunt, cousin, friend) for a ride to my appointment so that I can make sure my health is good enough to participate in the volunteer program.
Other:			