

WELCOME TO GOAL SETTING

Though managing your narcolepsy symptoms can seem overwhelming, this activity can help you set goals and make a plan you can stick with over time.

Follow these **4 steps** to create an action plan:



Identify

On what area will you focus?



Define

What do you want to achieve?



Review

How can you make your goal SMART?



Plan

How will you work toward your goal?



Talk to your doctor about the goals you set in any focus areas to make sure they're right for you.

IDENTIFY YOUR FOCUS AREA

Below is a list of **common areas** that your doctor may have recommended focusing on. Choose your area of focus to complete the next phase of the exercise.



Nutrition

How and what you eat can make you tired, or keep you awake. Plan wisely!



Exercise

Regular exercise may help improve the quality of your sleep. Time to work out?



Sleep

Need to feel more refreshed? Taking short naps during the day may help.



Treatment Routine

Medicines, along with lifestyle changes, may help relieve 2 symptoms of narcolepsy.



Other

Don't forget to list any another area that is important to you and your doctor.

SET A SPECIFIC GOAL

Now's the time to choose your goal.

In the box below, **type or write in your goal**. Once you have **identified the goal**, in the next box, take a moment to **reflect on and identify your motivation**.

My Goal:

My Motivation (why this goal is important to me):

ENSURE YOUR GOAL IS SMART

A SMART Goal is one that is specific, measurable, achievable, relevant, and time bound. Once you have identified a goal, review your goal and revise it as needed.

S

SPECIFIC

Clear, concise, and tangible. Who, what, when, why, and where?

M

MEASURABLE

Time, money, volume. How much? How many?

A

ACHIEVABLE

Goal should be challenging but not impossible.

R

RELEVANT

Something that matters/will impact your life.

T

TIME-BOUND

Create a time frame. When to achieve the result?

Original Goal:

Is your original goal a SMART Goal? Take this time to review your goal and revise it if necessary. Remember, a SMART Goal will help keep you moving in the right direction.

Smart Goal:



DEVELOP YOUR ACTION PLAN

Now that you have identified a **SMART** Goal, working towards your goal requires a little planning. The next step is to complete an action plan to help you think through how to accomplish your goal, what may get in your way, and who can help.

With your goal and motivation in mind, start filling in **your action plan below**. Think about the questions posed, and fill in your answers below.

My

Goal.

What steps will I take to reach this goal?

What challenges may I face?

How will I manage these challenges?

Who can help support me in meeting my goal?

Congratulations!

You have created **your personalized action plan** to help you **stay motivated** and **work towards your goals**.

As a reminder, don't forget to **talk to your doctor** about the goals you set. He or she can help you determine what's best for you and adjust your action plan if needed.