

## Setting Goals

One way you can take an active role in managing your epilepsy is to identify what you are most interested in working toward. Explore each statement category below to reveal some common interests shared by many people with epilepsy. Circle each goal you want to work toward. Not every goal may relate to you, but select the ones that do.

This information has been provided for your education and to improve communication with your healthcare team.



### I want to feel

- Independent
- Safe
- In control
- Normal
- Less anxious or depressed
- Positive about my treatment



### I want to look forward to

- Fewer restrictions on my activities
- The future
- Traveling
- Social activities
- Overcoming daily challenges
- Better relationships with family and friends



### I want my treatments to

- Help improve my quality of life
- Start working sooner
- Fit into my life
- Reduce my seizures
- Have an easy dosing schedule
- Cause fewer short-term side effects
- Cause fewer long-term side effects



### I want to be able to

- Drive
- Work
- Exercise
- Take care of myself
- Live alone
- Date or have a romantic relationship
- Discuss family planning
- Have a good relationship with my doctor
- Understand my epilepsy/seizures

**Now review the goals you selected above. Which one of these goals do you want to work on first? Select a goal, and write it in the space provided.**

The following page is a discussion guide to help you communicate your treatment goal with your doctor.

# How to talk with your doctor about your goal

My goal is

Setting a goal is only the first step. You also need to talk with your doctor about why that goal is something you want to focus on. By sharing what you hope to achieve, your doctor has a better understanding of how to create a plan that works best for you. It is up to you to communicate as much information as possible to provide the clearest picture of how you're doing.

## EXPLAIN

- Why this goal is important to you \_\_\_\_\_
- What achieving this goal would look like to you \_\_\_\_\_
- How your life would be different if you reached this goal \_\_\_\_\_
- What your current challenges are to achieving this goal \_\_\_\_\_

## ASK

- Is this a reasonable goal for me? \_\_\_\_\_
- How can my medicines help me reach this goal? \_\_\_\_\_
- In addition to taking my medicines as prescribed, what else can I do to help me reach this goal?  
\_\_\_\_\_
- Is there anything that is getting in the way of reaching my goal? \_\_\_\_\_
- How could managing triggers, such as stress, sleep deprivation, alcohol, etc, help me reach my goal?  
\_\_\_\_\_

## SHARE

- How you've been feeling since your last visit \_\_\_\_\_
- Your seizure frequency \_\_\_\_\_
- Your seizure tracker or other records you may have \_\_\_\_\_
- Any challenges you're having with your medicines or managing your epilepsy \_\_\_\_\_

Use this space to record any additional questions or topics you want to discuss at your next doctor appointment.

