

# Goal Setting Cards



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**Manage Healthy Lifestyle Factors**



**Do specific rehabilitation activities**



**Know and use emergency action plan/s**



**Have lab tests as required**



**Identify and manage triggers**



**Manage nutrition and eating**



**Use accurate dose and timing**



**Avoid infections and illnesses**



# Goal Setting Cards

Know and understand  
own medications



Visit Primary  
Care Provider



Manage alcohol  
consumption



Manage physical  
activity



Recognize and act on  
side effects



Manage wounds and  
dressings effectively



Visit medical  
specialist/s



Recognize and act on  
signs of deterioration



# Goal Setting Cards

Recognize and act on signs of improvement



Manage stress and mood effectively



Take care of equipment



Use bracing, supports and aids effectively



Monitor and manage pain



Attend education or assistance program/s



Reduce or quit smoking



Manage fatigue and energy



# Goal Setting Cards

Address recreational  
drug use



Use nutritional  
supplements effectively



Monitor and manage  
other symptoms



Arrange transport and  
other access to services



Manage weight and waist  
circumference



Engage social  
support



Have a  
medication review



Other...



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