

# Setting and Achieving Your Goals

Goal setting can help you stay focused on what matters most to you. As you continue to manage your sickle cell disease (SCD), **try these three steps to help** you stay motivated.


## STEP 1: Understand SCD and Your Treatment







It's important to be sure that you understand your treatment and what the goals are for managing your SCD. Talk with your health care team so that you can feel confident about your treatment plan.


## STEP 2: Check in With Yourself

Think about how pain crises may have affected your life in different ways. **Circle the number closest to how you feel.**

Share this sheet with your health care team at your next visit to help them understand your SCD goals.



DATE: .....	1	2	3	4	5
PAIN CRISES HAVE AFFECTED MY...	NOT AT ALL	A LITTLE	SOMEWHAT	VERY MUCH	EXTREMELY
 PHYSICAL HEALTH	1	2	3	4	5
 EMOTIONAL HEALTH	1	2	3	4	5
 SOCIAL LIFE	1	2	3	4	5
 RELATIONSHIPS	1	2	3	4	5
 WORK	1	2	3	4	5
 SCHOOL	1	2	3	4	5

Continue goal setting on next page 

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## STEP 3: Set Your Goals

Now that you've thought about your current life, take time to think about what changes you want to see. Decide what plans you're looking forward to making. There is no such thing as a right or wrong goal. You are in charge of what matters most in your life!

**To help get you started, check off any of the goals below, fill in more details in the spaces provided, or write your own.** It may also help to picture your goals by drawing or writing about them in the box below.

**MY PHYSICAL HEALTH**

- I want to be more active by .....  
(walking, dancing, playing with my kids, etc.)
- I want to prevent future SCD health challenges by .....  
(keeping up with doctor visits, etc.)
- Other .....

**MY EMOTIONAL HEALTH**

- I want to feel less stressed about .....
- I want to feel more positive about my future
- Other .....

**MY SOCIAL LIFE/RELATIONSHIPS**

- I want to spend more time with people I care about by .....
- I want to find more time for hobbies or activities like .....
- I want to give more time to my faith and my community by .....
- Other .....

**MY WORK/SCHOOL**

- I want to finish school
- I want to find a new job or change careers
- I want to learn a new skill
- Other .....

**DRAW OR WRITE YOUR GOALS HERE.**

