



## Patient Module Part 2: *Implementing a Life Plan*

### Taking Action with Your Life Plan!

Once you have identified your life plan goals, the next step is to start making your goals happen. Moving from planning to action can be hard. There are many ways to begin taking action. It is likely that you that have more than one goal and that's okay! First, you will need to decide which goal you want to begin working on.

Writing down your goals can help you focus on what is important to you. Describe your goal in detail. The more detail you can include, the better. Include a time frame and select dates you can achieve your activities.

Break down your goals into smaller pieces. Think about the smaller pieces as part of your bigger goal. Begin working on one of the smaller pieces. As you complete each piece you will be moving closer to achieving your goal. Be sure to store your life plan somewhere you can easily find it and work on it every day.

These are a few simple steps to get started:

- Select your most important goal.
- Ask yourself, what do I need to do to achieve this goal?
- Know what resources you will need to make your goal happen.  
Resources can be things like:
  - ◆ Transportation to attend a class or card game
  - ◆ Financial assistance to go back to school (visit the Patient Grant Library on the ESRD NCC [website](#))
  - ◆ Friends and family to support your goal
- Think about who you can count on for support.
- Determine when you can start working on your goal.
- Know how much time you can dedicate to working on your goal.
- Decide if your goal will need financial resources and know how much to save each week to make your goal happen.
- Set a date to achieve your goal. Make sure it is realistic.
- Celebrate your accomplishments each step of they way!



Goals can big or small. They can simple or hard. There is no right or wrong goal. Your goals are personal and matter to you. For example, you may want to walk more. Begin by walking when you receive a phone call. You can begin doing this every time you answer the phone. Unless you need support to walk, you can achieve this goal without support. A simple goal with big rewards!



## Part 2: Implementing a Life Plan

### Ask for Support

- Share your life plan goals and timeline with family members or a friend. Let them know what else you need to do to meet your goal.
- Ask family or friends to help you stay motivated as you work toward your goal. Invite them to celebrate your success with you.
- If you're having trouble staying on track, ask a friend or a family member to help you stay on track. This can assist you with achieving your life plan goals.<sup>1</sup>
- Asking for help from others to keep yourself on track, even signing up for free newsletters or joining social media groups are ways you can get ongoing support.

For example, if you want to lose weight, ask a friend or family member to walk with you several times a week. Maybe there is a chair yoga class at your community center. Ask a friend to help you find one and to join you in the class. Establish a routine and ask family or friends to be part of it.

Sharing your life plan goals with your care team is also important. Your care plan should always support your life plan goals. For example, if your life plan goal is to continue working, ask your care team about your home dialysis and transplant options. Ask yourself what resources you need to make your plans stick. Check with your care team about available resources and use those resources in your life plan.

### In Review

- Write your goals down
- Keep your goals in a safe place that you frequently check
- Tell family and friends your goals and ask them to support you
- Share your life plan goals with your care team

Be sure to check-in with yourself on a regular basis. You will want to be sure you're sticking to your goals. If you find yourself drifting away from your goals, reach out to a friend or family member and let them help you stay on track.

If you miss a goal or it takes longer, don't give up. Revise your life plan and adjust as necessary. Most important, celebrate your success, and reward yourself for meeting a goal.

<sup>1</sup> How to Plan Your Life: <https://www.tonyrobbins.com/importance-time-management/life-planning/> Accessed May 17, 2022