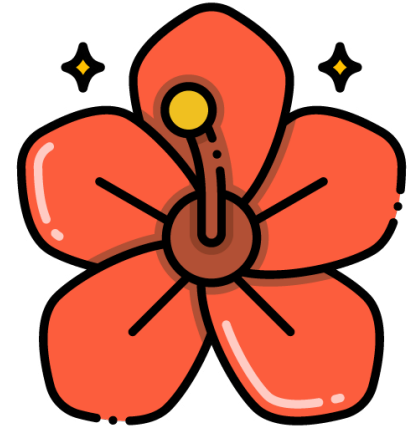
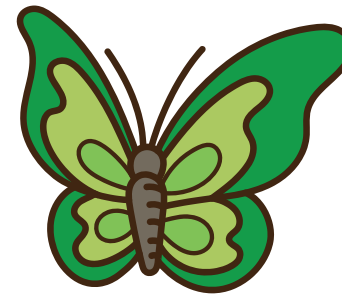
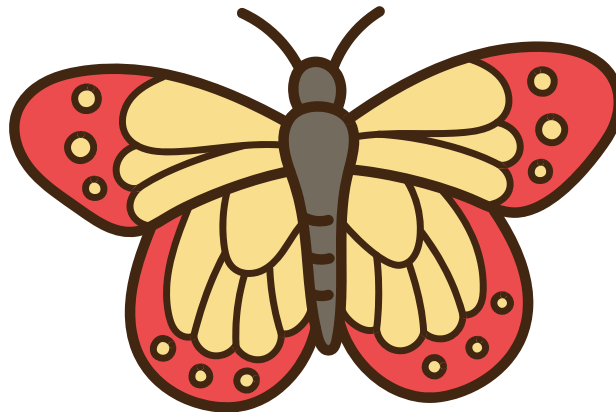
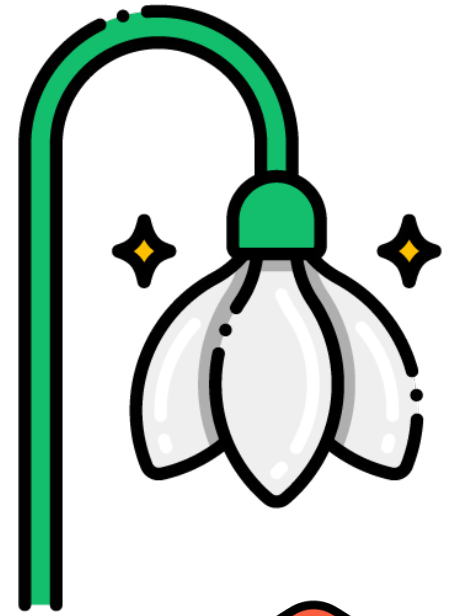
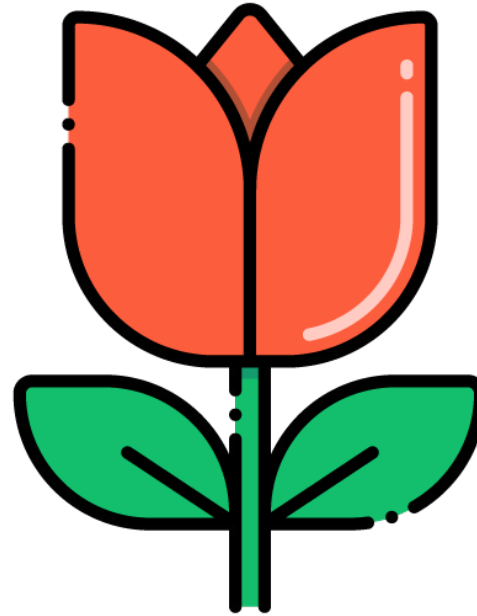


# Bulletin Board Kit: Grow With Your Patients

## How To Use Your Bulletin Board Kit

1. Cut out the shapes provided for your bulletin board.
2. Have a patient (s) assist you in creating your board.
3. Patients and staff can then write down their life planning goals to place on the board.
4. Have an envelope with extra blank shapes and a pen so patients and staff can write down their life planning goals and place them on the board as they come in for their shift.
5. Examples of Life Planning Goals: Try 10 new recipes this year, improve my relationship with a family member or friend, plan a trip, volunteer.



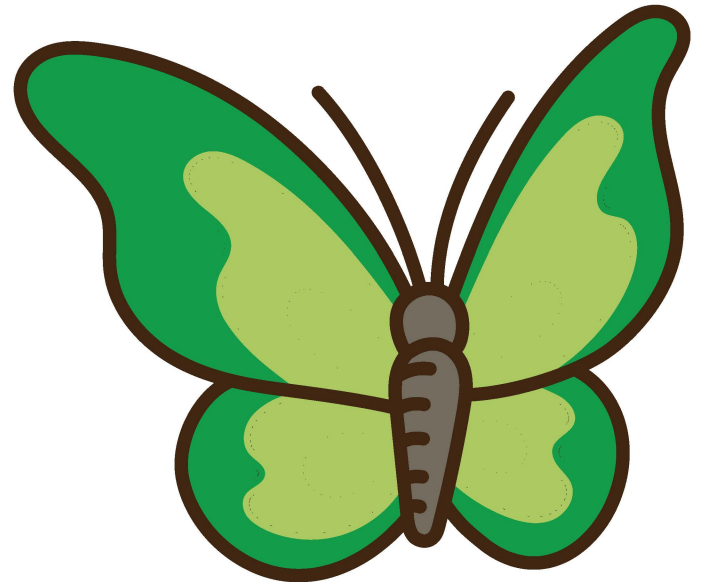
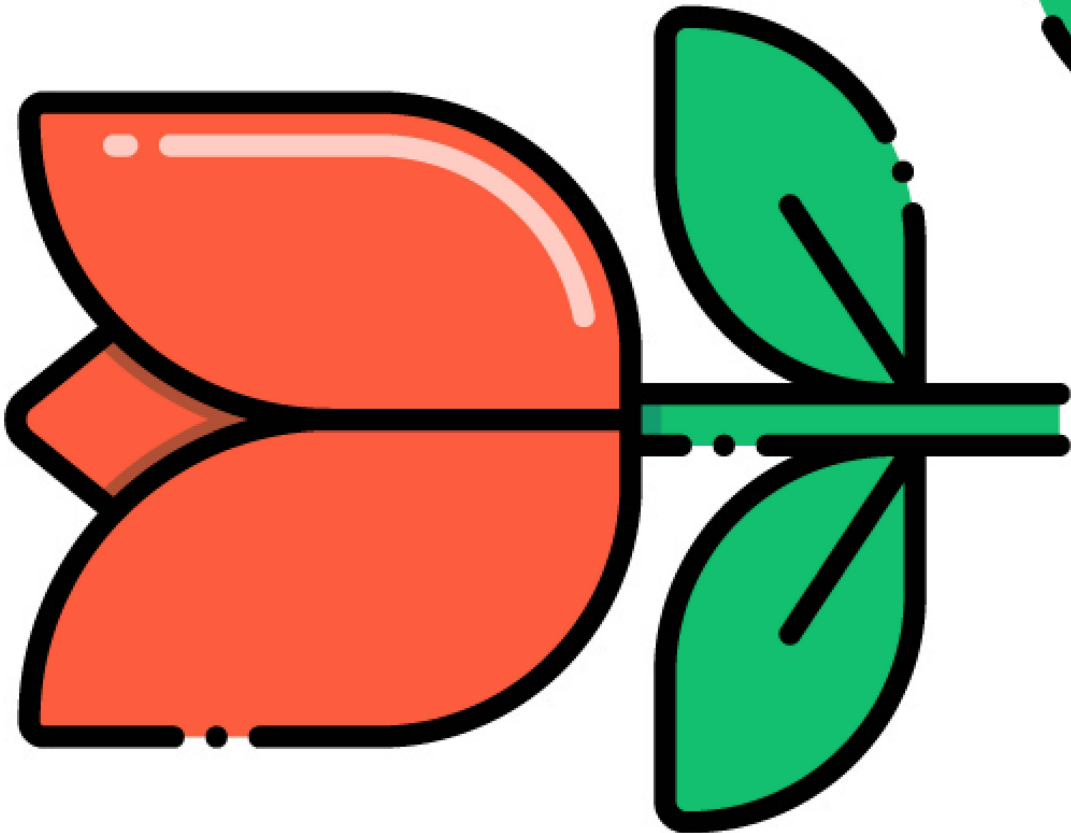
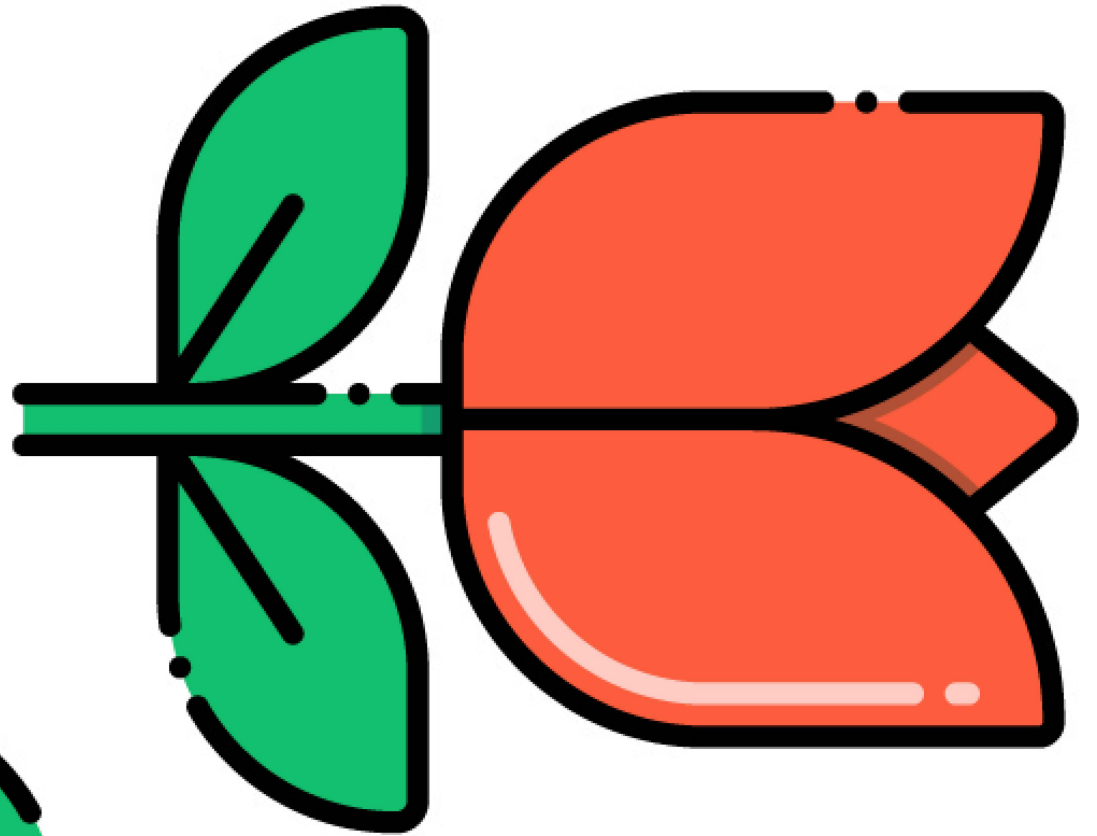
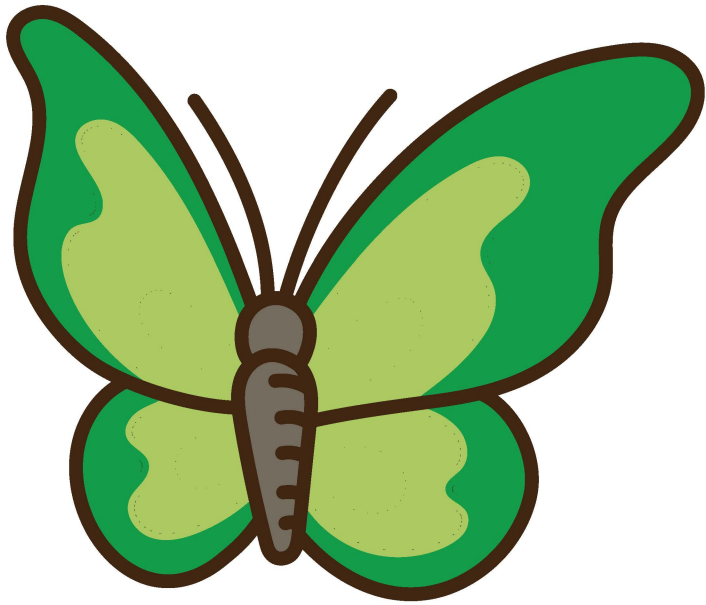
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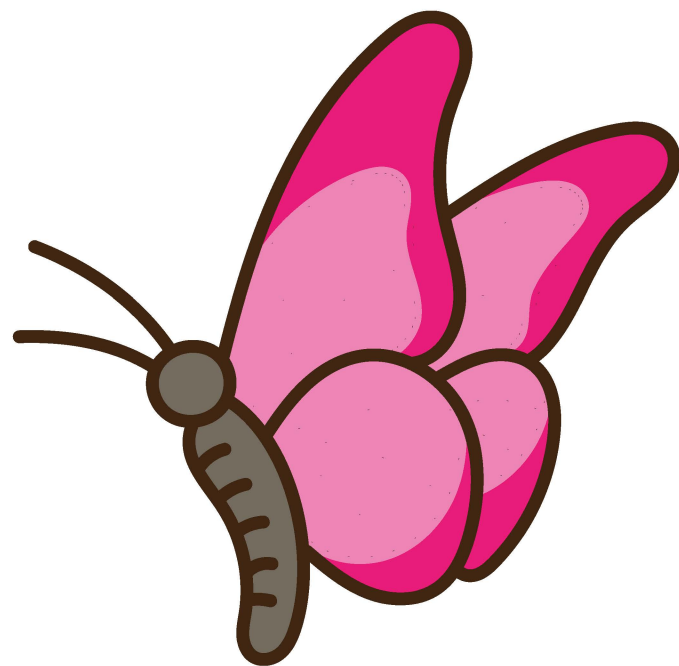
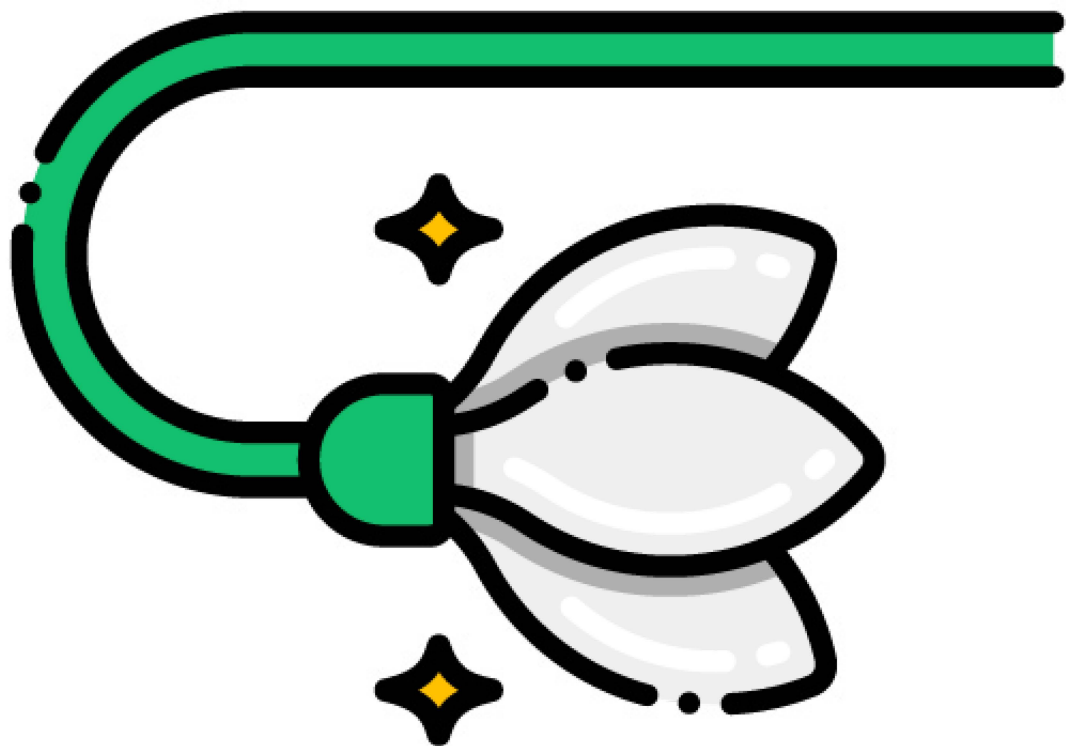
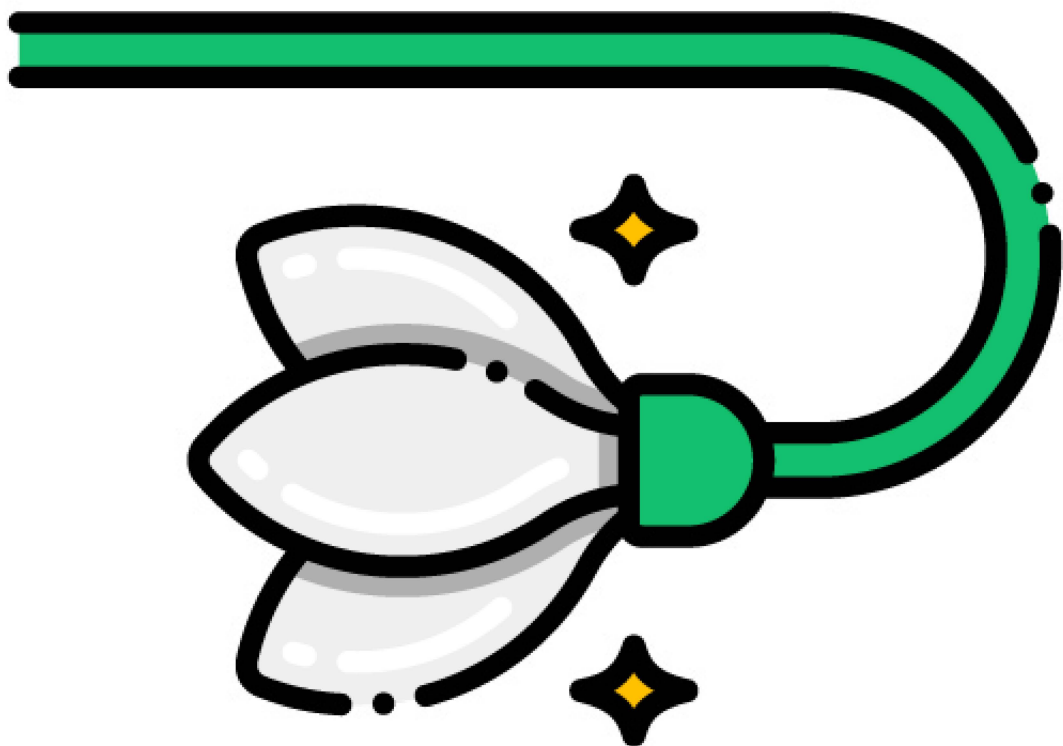
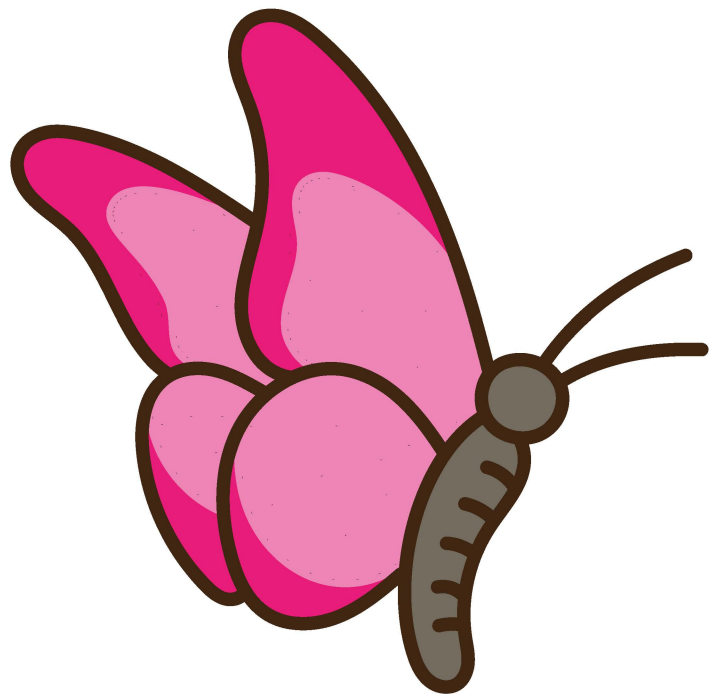
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911 E. 86th St., Ste. 30  
Indianapolis, IN 46240  
Toll-Free: 800-456-6919

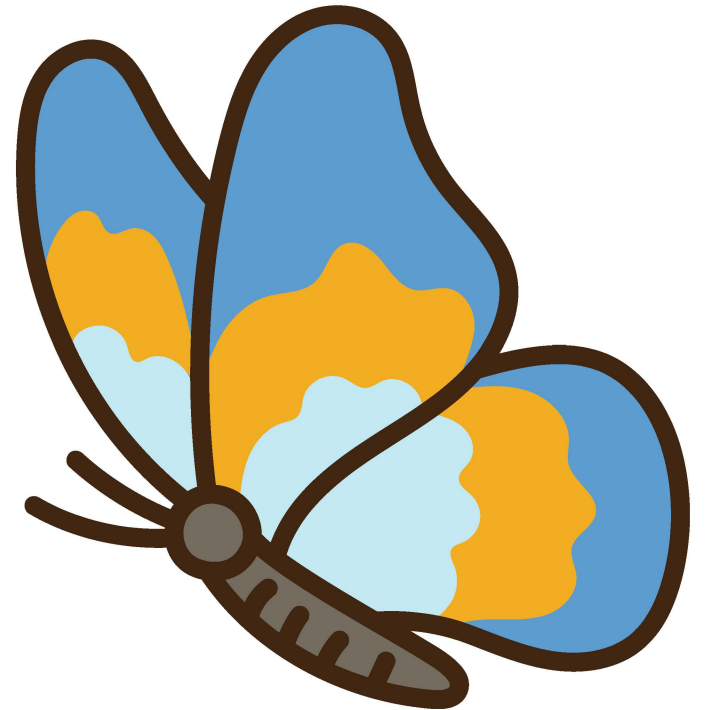
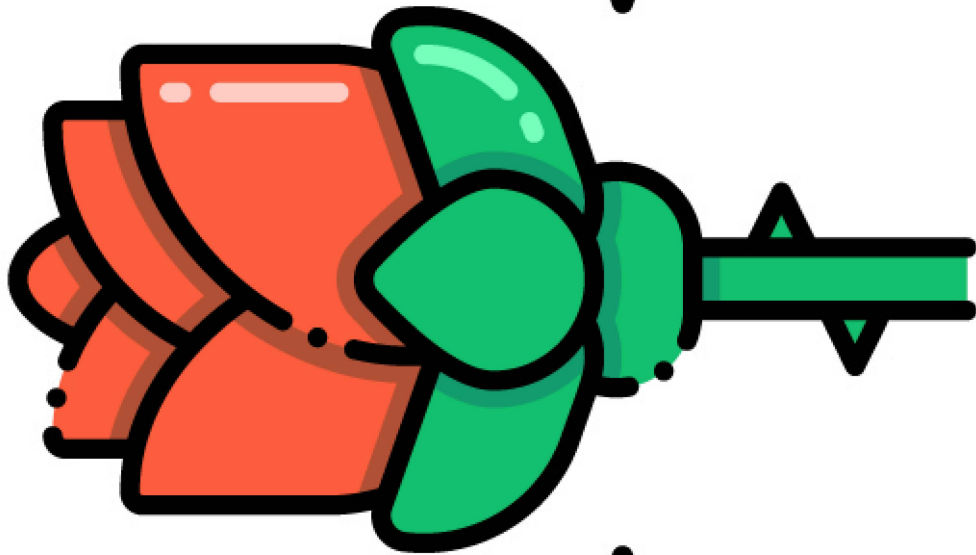
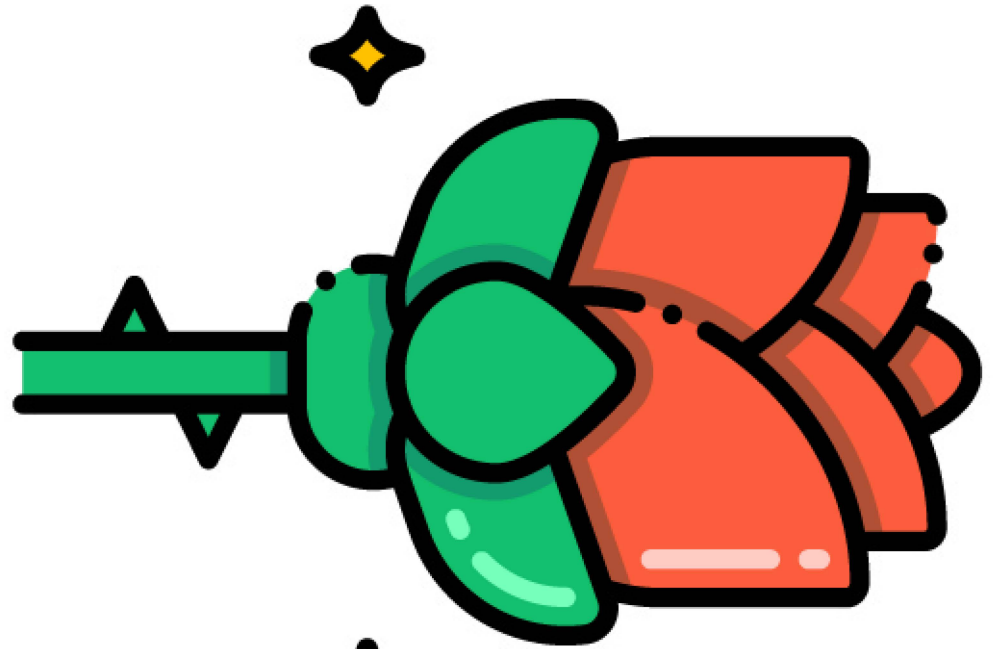
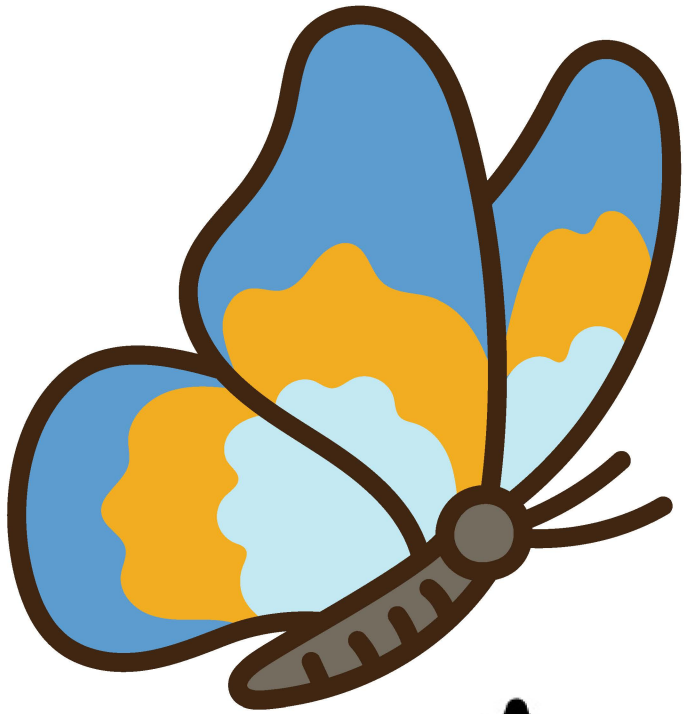
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Kansas City, MO 64108  
Toll-Free: 800-444-9965

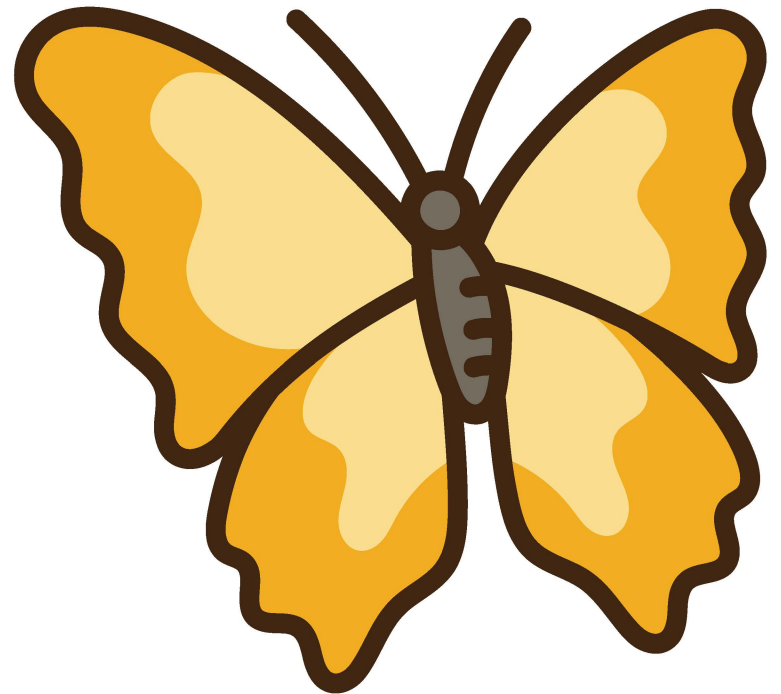
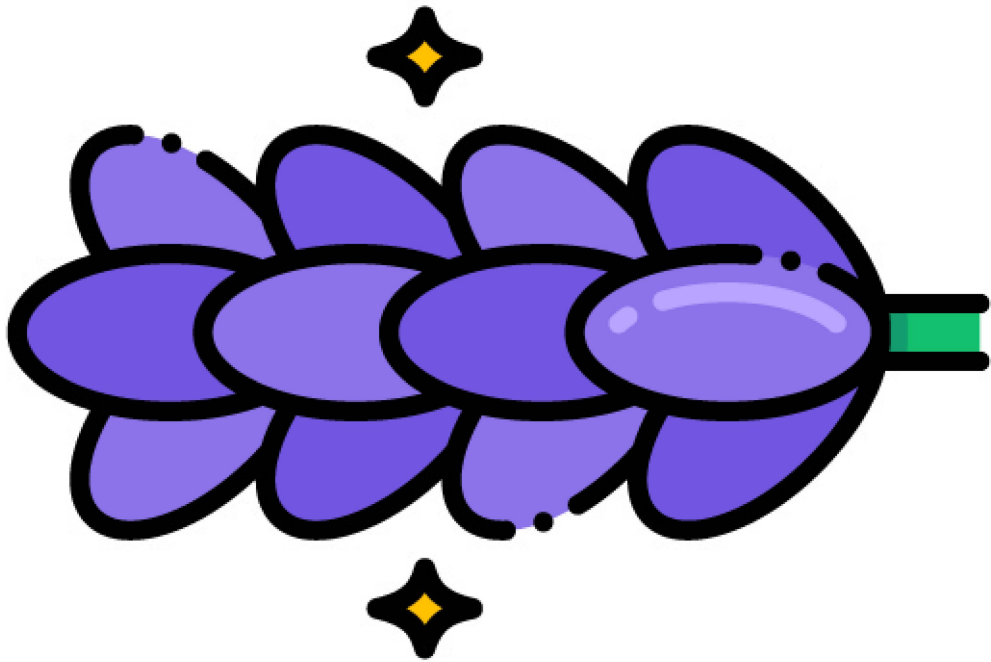
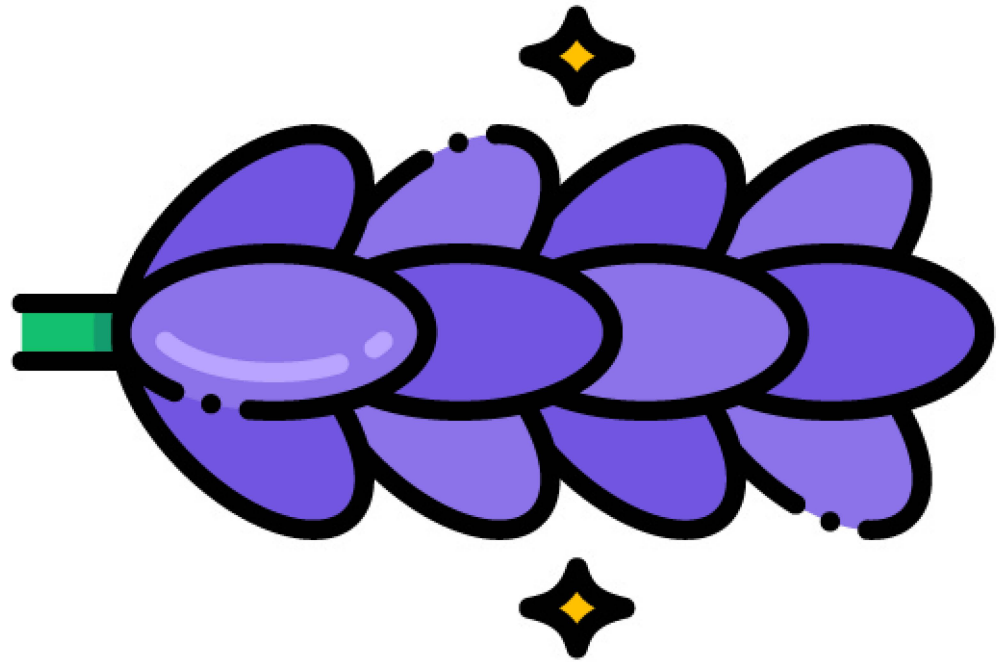
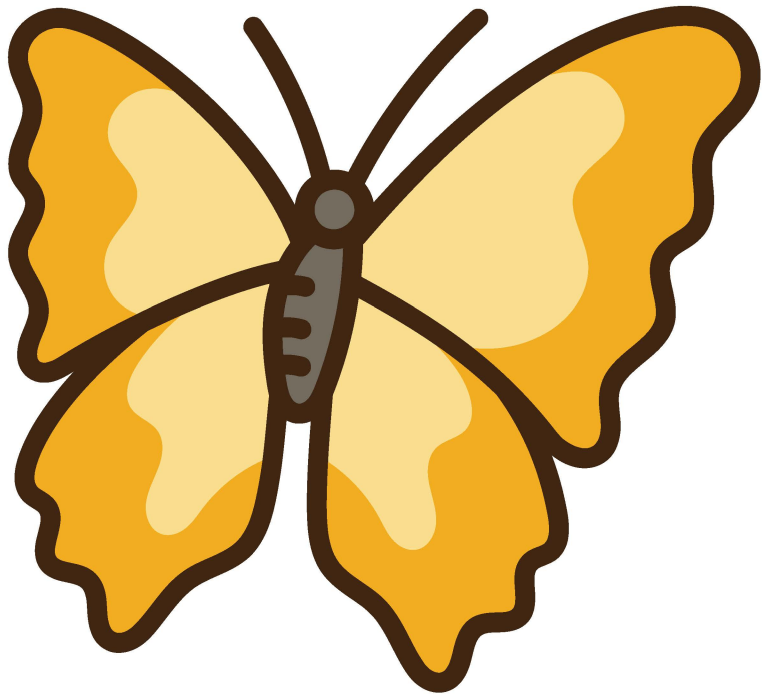


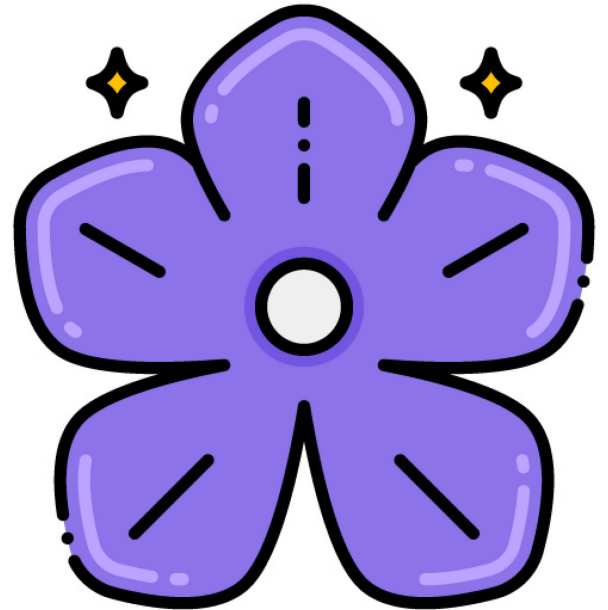
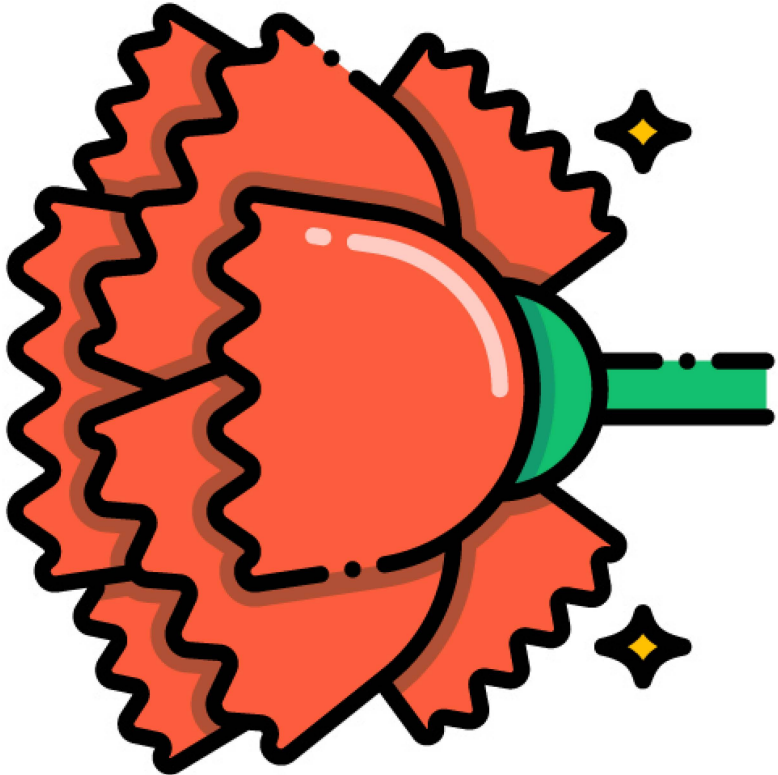
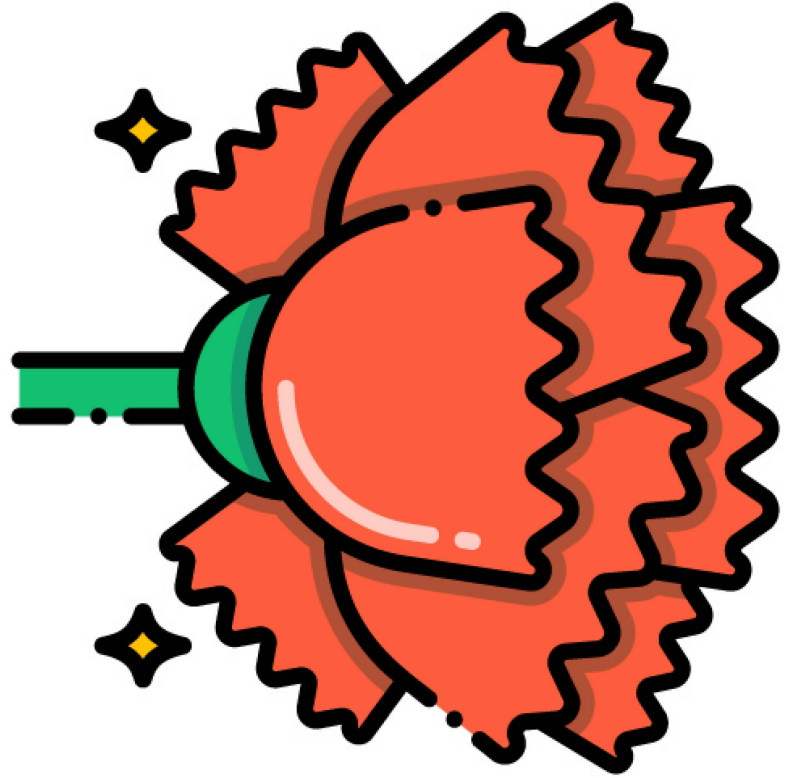
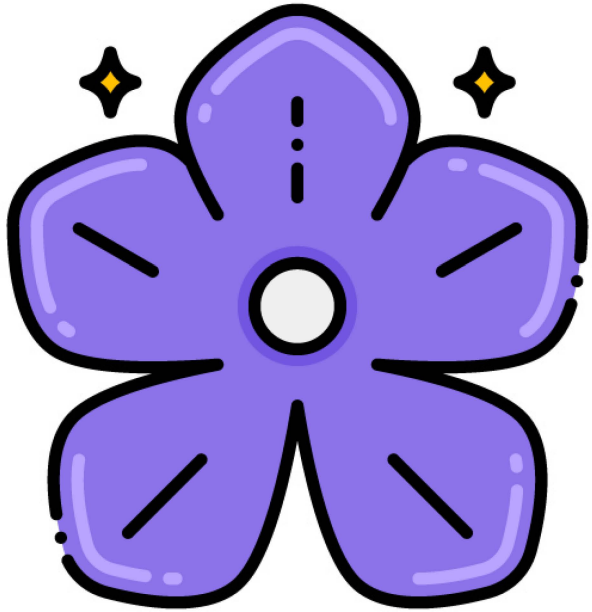
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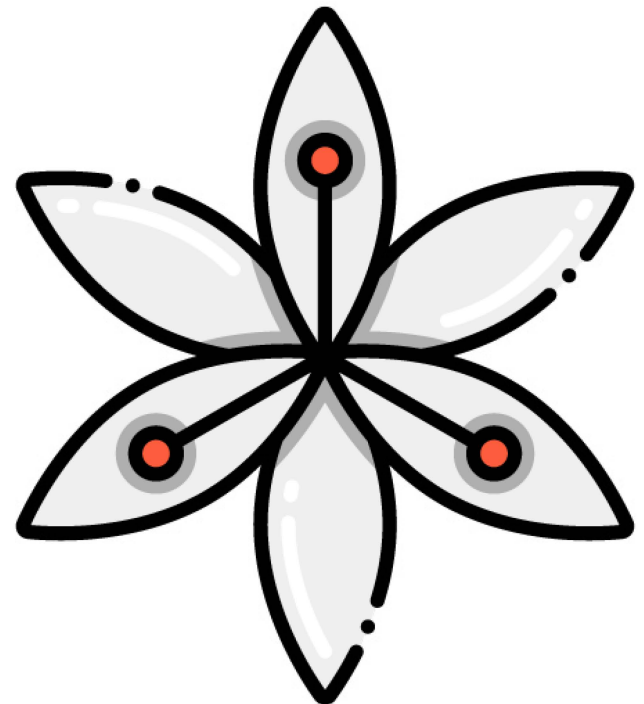
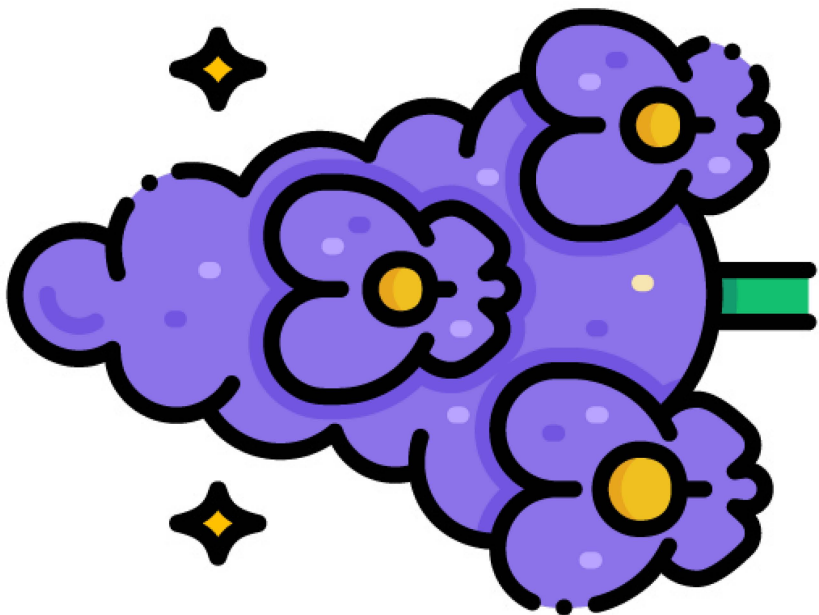
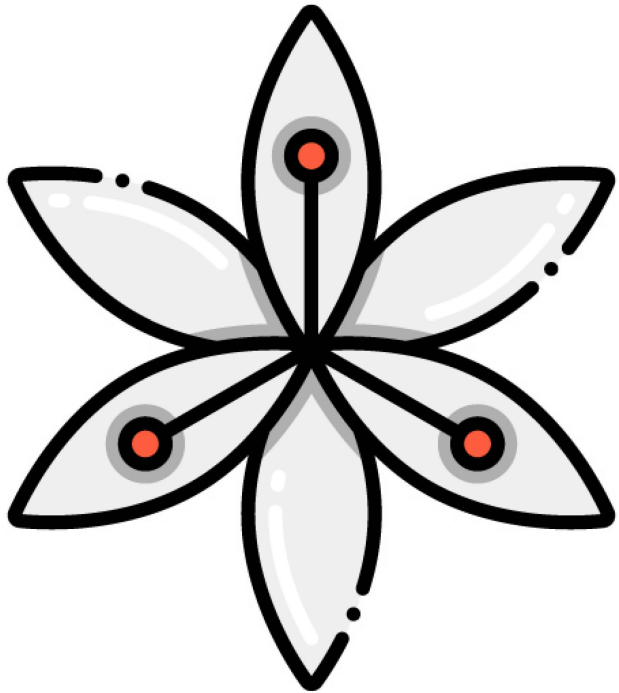


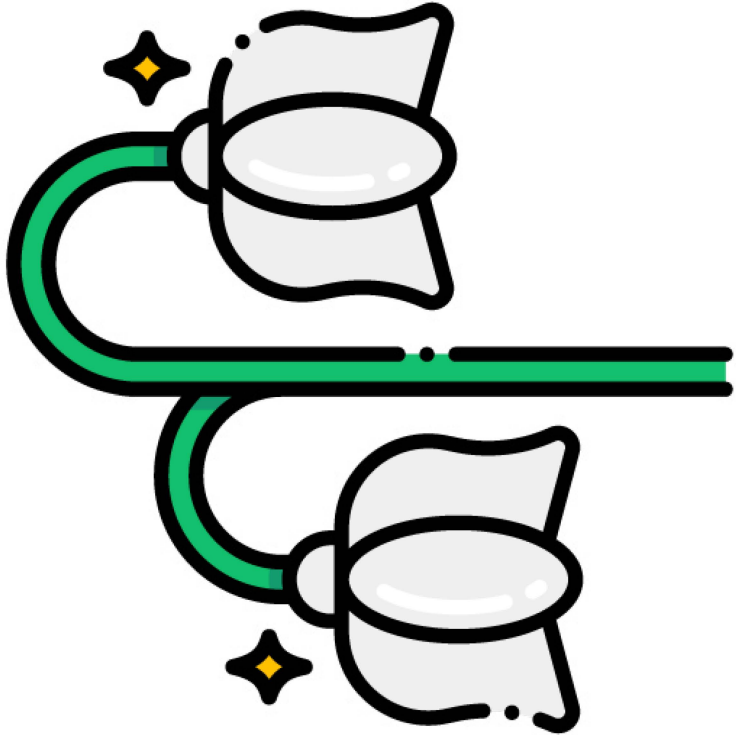
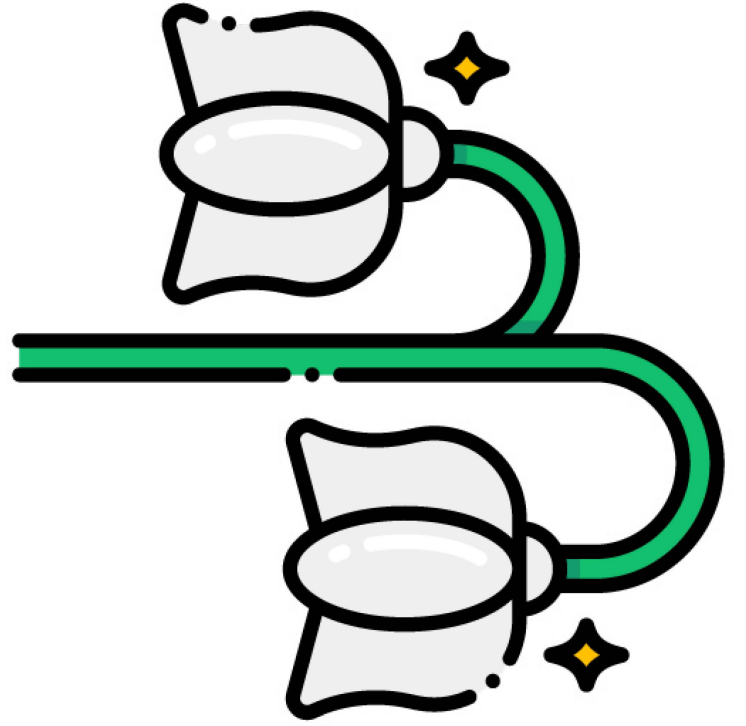




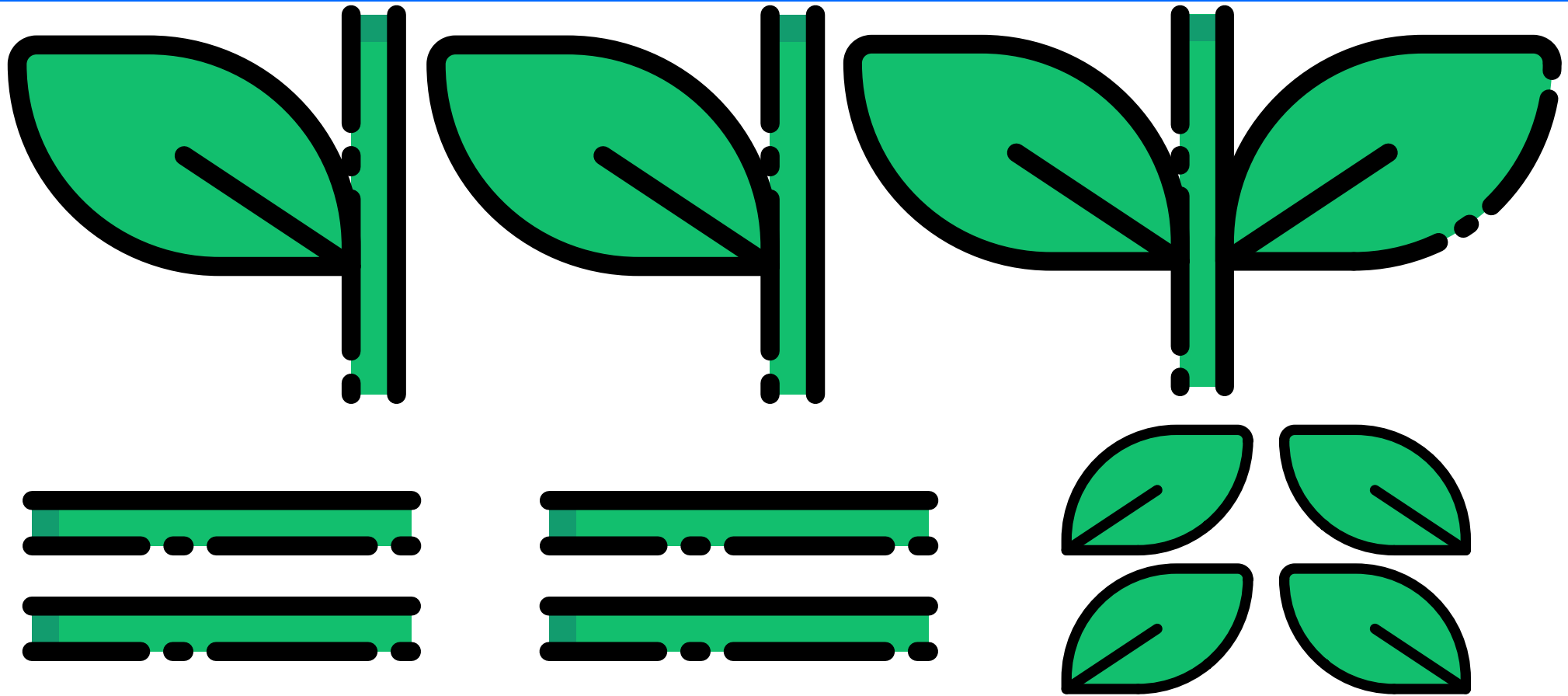






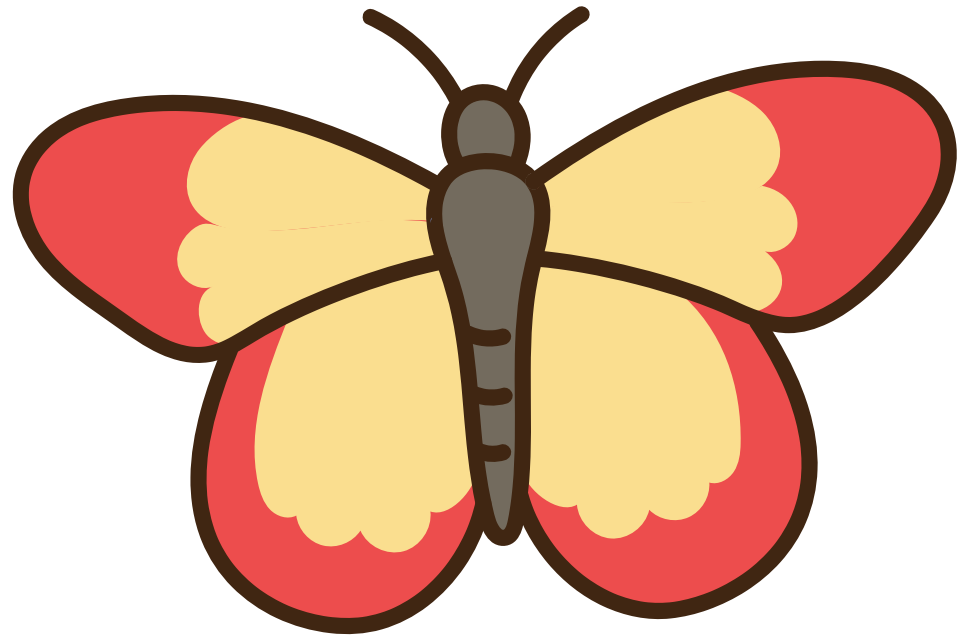
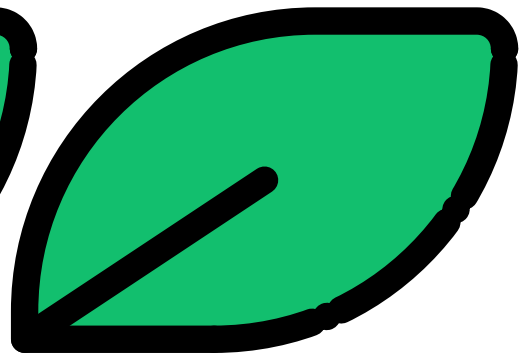
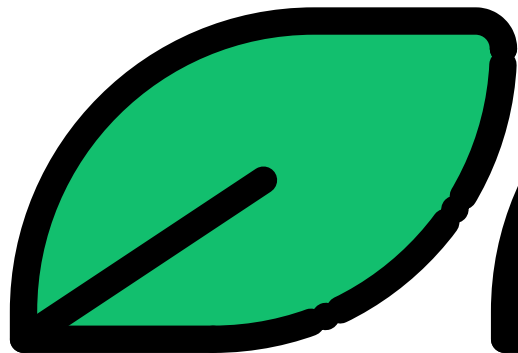
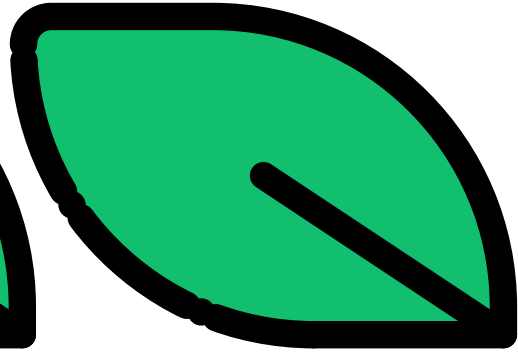
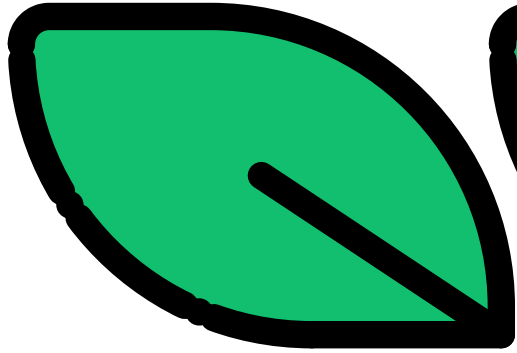
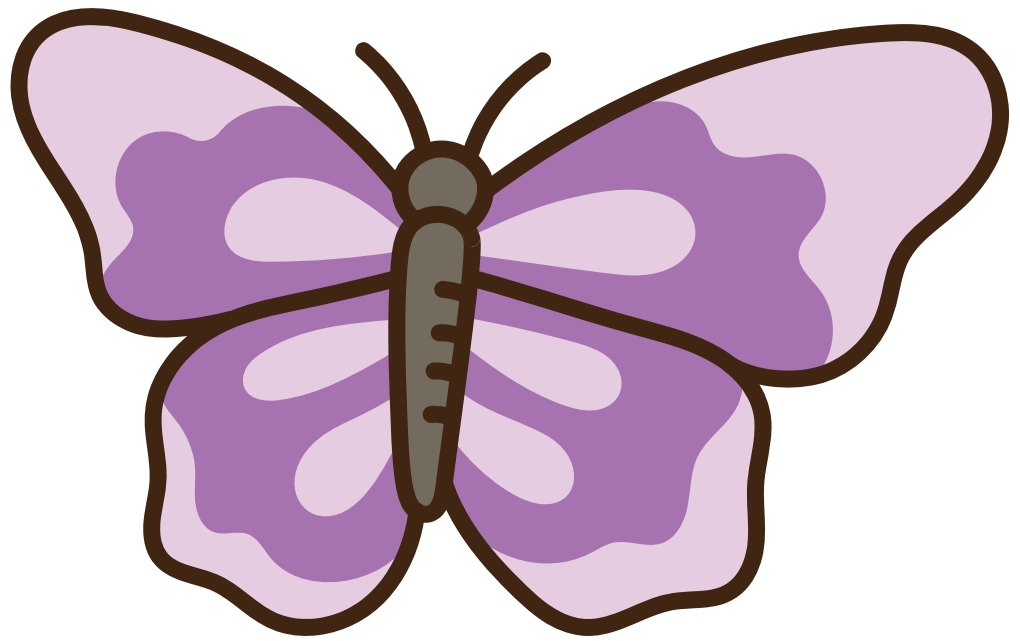
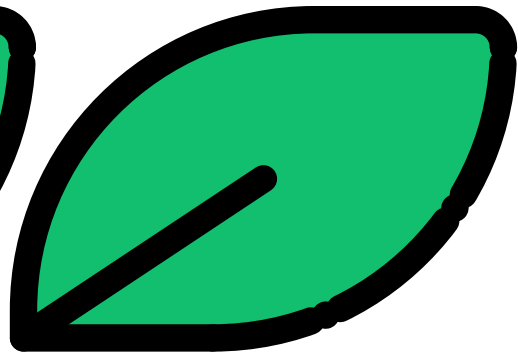
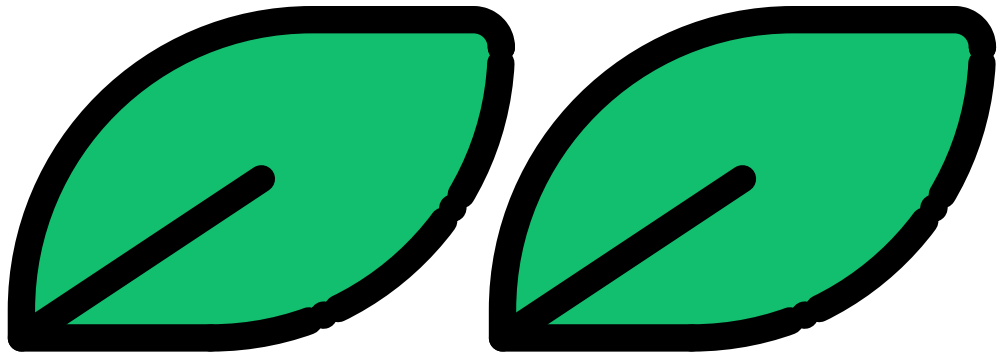


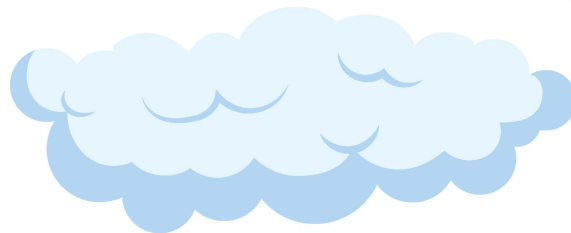
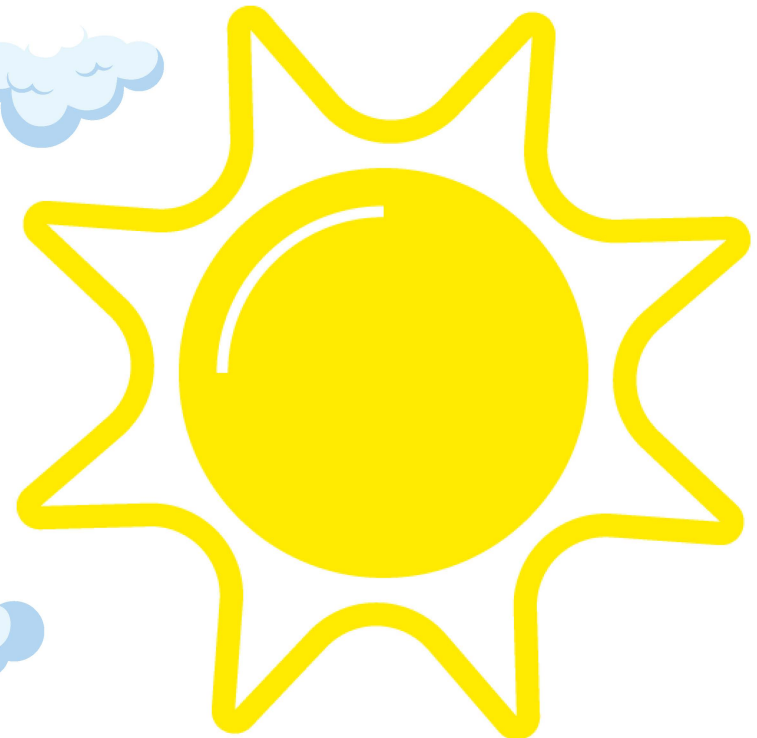
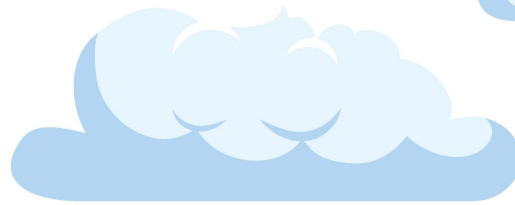
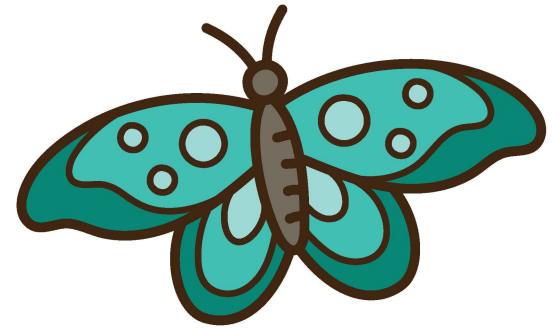
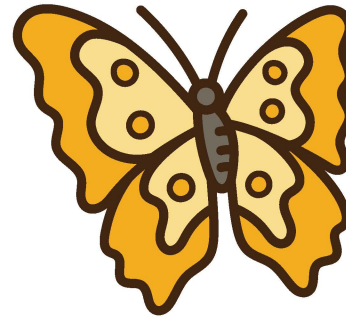
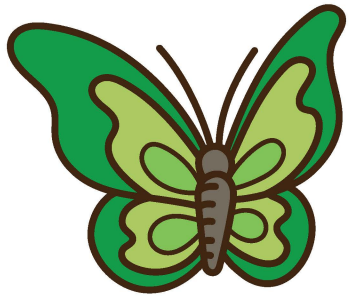
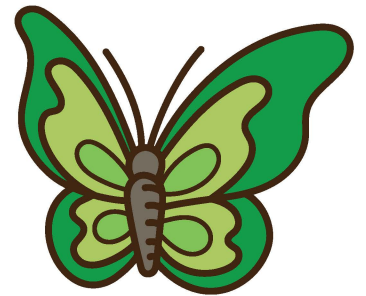
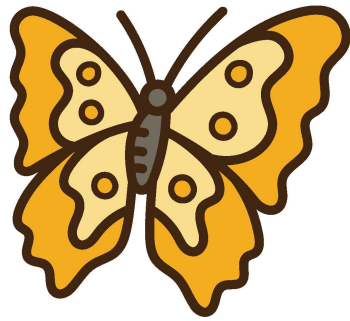
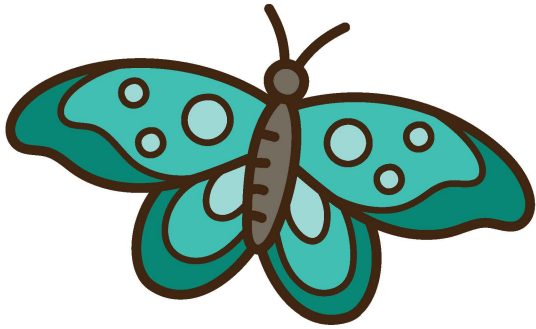




**Plant Your Life Planning Seeds and  
Watch Them Bloom!**

**Grow With Your Patients!**





# Display Board Idea

**Plant Your Life Planning Seeds  
and Watch Them Bloom!**



# Creating a Life Plan Worksheet

Steps to Creating a Life Plan	Questions to Ask Myself
<b>Step 1</b> Identify Your Personal Goals	<ul style="list-style-type: none"> <li>• What are my personal goals? What have I always wanted to do and keep putting off?</li> <li>• What do I want to achieve in my life? Why do I want to do this?</li> <li>• What is the benefit of reaching my goals?</li> <li>• What is stopping me from achieving my goals?</li> <li>• Are my goals realistic?</li> </ul>
Make notes here:	
<b>Step 2</b> Figure Out How to Reach Your Goals	<ul style="list-style-type: none"> <li>• Do I know what it will take to reach my goals? What steps do I need to take?</li> <li>• Who can help me?</li> <li>• What things might slow me down?</li> <li>• How do I want my goals to look when they are complete?</li> </ul>
Make notes here:	
<b>Step 3</b> Define the Time	<ul style="list-style-type: none"> <li>• When am I going to start working on my goals?</li> <li>• When do I want to reach these goals?</li> </ul>
Make notes here:	
<b>Step 4</b> Stay on Target	<ul style="list-style-type: none"> <li>• How am I going to check my progress?</li> <li>• Who can help me stay on target as I work toward my goals?</li> <li>• How will I know if I need to make changes in my plan or goals?</li> <li>• How will I know I've met my goals?</li> </ul>
Make notes here:	
<b>Step 5</b> Celebrate Your Success	<ul style="list-style-type: none"> <li>• Who has helped me reach my goals? Who can I invite to celebrate my success?</li> </ul>
Make notes here:	
<b>Step 6</b> Always Keep Making New Goals	<ul style="list-style-type: none"> <li>• What are new goals to add to my life plan?</li> <li>• How can I help others create a life plan, so they too can achieve their goals?</li> </ul>



# Staying on Track With Your Life Plan

Now that you have created a life plan and started making your goals happen, it's time to work on staying on track with your life plan goals. Use this resource to select how you will stay on target to meet your life goals and enhance your quality of life.

## How am I going to check my progress?

- Use a paper desk calendar or your phone calendar to track milestones
- Set up calendar reminders on your phone for a specific time each week to review
- Make a to-do list to track progress toward your goal and check it regularly
- Make sure your plan is visible to you daily (e.g., taped to your bathroom mirror, on your refrigerator, next to your medicine box, or on your car dashboard)

## Who can help me stay on target as I work toward my goals?

Ask someone you trust to discuss your goals with you every few weeks or at least once a month. This person can be a:

- Social worker from the facility
- Close friend or family member
- Peer support group member
- Peer mentor or other dialysis patient at your dialysis facility
- Mental health professional
- Other

## How will I know if I need to make changes in my plan or goals?

As your life changes, you may need to change or update your life goals.

- You may experience a major event in your life, like moving, loss of caregiver support, or financial changes
- Feeling like your plan or goal is not something you are looking forward to or it is causing you stress
- If you are struggling to reach your goal:
  - Take a break, review the goal, and change the goal if needed
  - Ask people you trust for their ideas on what you can do

## How will I know I've met my goals?

- Assign dates to each goal or each step in achieving a goal
- Once the goal has been met, check it off your to-do-list

## What do I do next?

- Celebrate!
- Share your success with others
- Come up with new goals you want to work toward
- Encourage others to set life plan goals (i.e., your caregiver)