I Can Do It:
My plan to take charge of my life

1. What’s bothering me:
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________

2. I want to be able to:  __________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________

3. To take charge, I need to:
A) Talk to these people: __________________________________________________________
_________________________________________________________________________
B) Get this medical information: ________________________________________________
_________________________________________________________________________
C) Get other information: _______________________________________________________
_________________________________________________________________________

4. Today’s date is: __________________________
I want to take care of this problem by this date: _________________________

5. What is likely to get in the way is:
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________

6. To make sure I succeed, I am going to ask for help from:
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
7. My progress is:

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Steps taken to learn and deal with my problem</th>
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8. I will review my progress with (name):______________________When:________

Patient

Witness