



Kidney Q&A

4-12 months

Life Options Rehabilitation Program

414 D'Onofrio Drive, Ste. 200

Madison, WI 53719

www.lifeoptions.org

Q: How can I change my life for the better?

A: To change your life, one of the first things you may need to change is how you think—about yourself, your health, and your future. How you think affects how you feel and what you believe you can do. If you believe you can reach your goals, you can be on your way to a new and better life.

Set small goals and work toward them: What do you want your life to be like in a month, 6 months, or a year? In 5 or 10 years, or longer? People have lived on dialysis for decades—and you are more likely to reach your goals if you have a plan. Write down your goals. Choose one at a time and start with one that's easy to reach. Think about:

- What small steps you need to take to reach a 6-month goal.
- What step you will commit to. When? (set a date and time)
- How you will keep track of your progress.

Be patient and build on your successes:

Any change takes time...sometimes longer than you think. Some days you will move forward toward your goal, and some days you may have setbacks. You may even change a goal, and that's okay. Reward yourself for progress! When you succeed in reaching a goal, set another one. You can work toward your dream, one step at a time.

What I can do to make changes to improve my life:

- Use the Life Options *Goal-Setting Worksheet* to help me pick a goal that I believe I can reach at www.lifeoptions.org.
- Stay positive about reaching my goal, even if I have setbacks.
- Revise my goal if I decide another goal is a better choice.
- Reward myself for progress toward my goal.