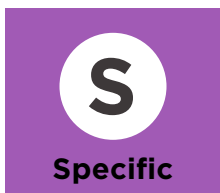


**INTRODUCTION
SELF-ASSESSMENT**

Setting a SMART Goal



Why do I want to be healthier?

In what way can my decision to be healthier impact my life?

How will I manage my lung disease to help me meet my goal?

**INTRODUCTION
SELF-ASSESSMENT**

Set Your Goal

What actions will I take to be healthier

I will do this: _____

How often: _____

So that I can accomplish this: _____

By this date: _____

Examples

I will do exercises to make me stronger, **3 times per week**, over the **next 3 months**, so I can...

... work on my hobby every day without being so breathless in 3 months.

... walk my dog a little farther without being breathless this summer.

... prepare my home for company without getting so tired this Christmas.

... push my grandchild on a swing this fall.