

Name: _____

Date: ____ / ____ / ____

Self-Management Goals Worksheet

To stay healthy and prevent COPD, it is important for me to set practical goals for myself. I'll set one main goal now, and after I have reached the goal (or changed it), I'll move on to another one.

I can choose:



1
Quit smoking.



2
Use my inhaler correctly as prescribed.



3
Know when to call if sick.



4
Increase my routine activity.

My specific goal (something important to me that I think I am able to do) is:

What steps can I take to reach this goal?

- ★ _____
- ★ _____
- ★ _____
- ★ _____
- ★ _____

Which step will I try first?

What problems might I have with reaching my goal?

Who can help me if I am not reaching my goal?
