

Setting Goals

One way you can take an active role in managing epilepsy is to identify what you or your child are most interested in working toward. Explore each statement category below to reveal some common interests shared by many people with epilepsy. Circle or highlight each goal you want to work toward. Not every goal may relate to you or your child, but select the ones that do.

This information has been provided for your education and to improve communication with your healthcare team.



I want to feel:

- Independent
- Safe
- In control
- Normal
- Less anxious or depressed
- Positive about my treatment



I want to look forward to:

- Fewer restrictions on my activities
- The future
- Traveling
- Social activities
- Overcoming daily challenges
- Better relationships with family and friends
- Being a kid



I want my treatments to:

- Allow me to focus more on other things in my life
- Start working sooner
- Fit into my life
- Reduce the number of my seizures
- Have an easy dosing schedule
- Cause fewer short-term side effects
- Cause fewer long-term side effects
- Minimize the magnitude of my seizures



I want to be able to:

- Drive
- Work/go to school
- Exercise/play sports
- Participate in extracurricular activities
- Take care of myself
- Live alone
- Date or have a romantic relationship
- Discuss family planning
- Have a good relationship with my doctor
- Understand my epilepsy/seizures

Now review the goals you selected above. Which one of these goals do you want to work on first? Select a goal and write it in the space provided.

How to talk with your doctor about your goal

My goal/my child's goal is: 

Setting a goal is only the first step. You also need to talk with your doctor about why that goal is something you want to focus on. By sharing what you hope to achieve, your doctor has a better understanding of how to create a plan that works best for you. It is up to you to communicate as much information as possible to provide the clearest picture of how you're doing.

EXPLAIN

- Why this goal is important: _____
- What achieving this goal would look like: _____
- How life would be different if this goal were reached: _____
- What are the current challenges to achieving this goal: _____

ASK

- Is this a reasonable goal? _____
- How can medicine(s) help me reach this goal? _____
- In addition to taking medicine(s) as prescribed, what else can I do to help me reach this goal?

- Is there anything getting in the way of reaching my goal? _____
- How could managing triggers, such as stress, sleep deprivation, alcohol, etc, help me reach my goal?

SHARE

- How you've been feeling since your last visit: _____
- Seizure frequency: _____
- Seizure diary or other records you may have: _____
- Any challenges you're having with medicine(s) or managing epilepsy: _____

Use this space to record any additional questions or topics you want to discuss at the next doctor appointment.

