

Option 1: Simple Goals

Set yourself realistic goals

- ✓ Meet my daughter for coffee once a week
- ✓ Join a dementia support group
- ✓ Borrow that book I saw on TV from the library



Ask yourself

- ✓ Are these actions you can really do?
- ✓ Are they stated in positive terms?
- ✓ Are they clear and specific enough that you will know when they are done?
- ✓ Are they **IMPORTANT** to **YOU**?

Record your goals in the table below

| | |
|--------|--|
| Goal 1 | |
| Goal 2 | |
| Goal 3 | |