

## Room to Improve?

If you're taking all your medications exactly as directed, good for you. If you're not, what's keeping you from doing so? Write down your reasons for not taking your medications. Then come up with one or two ways to do better.

Example

What's stopping me? *I have a hard time remembering when to take my medication.*

Ways to improve: *Set an alarm to remind me to take them.*

What's stopping me? \_\_\_\_\_

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Ways to improve: \_\_\_\_\_

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