

My Goals

Having goals helps you identify why controlling asthma is important to you. It also helps you determine whether your treatment plan is working for you. Check off the goals below that apply to you. Write in any additional goals you have.

As you use this workbook, keep your goals in mind.

I want to:

- Miss fewer school or work days.
- Play sports and do other activities without having asthma symptoms.
- Sleep better.
- Be healthier so my parents, spouse, or friends won't worry about me.
- Feel better all or most days
- Prevent flare-ups.
- Know how to take care of a flare-up.
- Keep asthma from controlling my life.
- Travel or go on vacation without asthma getting in the way.
- Not feel like asthma makes me different.

When my asthma is in control, I will be able to:
