

Your goals. *Your way.*

What are your goals?

You live with Duchenne, but there are also things you live for: hobbies, experiences, or future goals you want to reach. **It all starts with identifying what your goals are so you can plan for success.**

Having a plan is important because it will allow you to have informative and productive conversations with your care team (you may even want to share this guide with them before your visit). During visits with your doctor, bring this guide along to ensure any conversations reflect where you are currently in your Duchenne journey, what you want to maintain today, and what your goals are for the future.



Discussing goals with your care team can help determine what approaches might work best for you

3 Types of Goals

When thinking of your goals, determine in which category it belongs:

1

Hobbies and interests

2

Day-to-day activities

3

Long-term goals

While reaching certain goals might not always be easy, planning for them can be simple. Fill out the sections that are most important to you and your family.



Consider sharing this with your care team before your next appointment so you don't forget anything you have written down!

1 Hobbies and interests

Hobbies and interests are a big part of what makes life fun! Making sure you can enjoy them is important.

How has living with Duchenne impacted doing the things that you enjoy in the last 6 to 12 months?

Let's say gaming is your passion, and would like to discuss ways to help you maintain your ability to hold your controller, make sure and write it down.

Things I enjoy and want to keep doing, and why this is important to me and my family

How Duchenne has impacted my hobbies or interests in the last 6 to 12 months

Other things I want to share

2 Day-to-day activities

Independence and a daily routine go hand in hand. There can be lots of things you do in a day as part of your routine that you want to be able to continue doing for as long as possible.

For example, brushing your teeth, putting on a shirt, or eating meals could be tasks that are important to ensure you can still do either on your own, or with assistance.

What does your daily routine look like? What things do you hope to maintain?

Parts of my daily routine I want to keep doing, and why this is important to me and my family

How Duchenne has impacted how I do these things in the last 6 to 12 months

Other things I want to share

3 Long-term goals

Planning in the present is important when trying to realize your goals for the future.

Whether it's graduating high school, going to college, getting a job, or volunteering in your community, there might be something that's uniquely important to you.

What things do you want to accomplish in the future? What could you start doing today to help you achieve these long-term goals?

I want to achieve the following in the future

What could I do today to work towards this goal?

Other things I want to share
