

# My Asthma Management Goals

Because asthma can  
be managed.

DATE:

MY ASTHMA STORY. SHARE A FEW SENTENCES ABOUT HOW ASTHMA EFFECTS YOUR LIFE. HOW LONG HAS IT BEEN THIS WAY?	REFLECTING ON YOUR PAST EXPERIENCE WITH ASTHMA, WRITE DOWN HOW YOU FEEL ABOUT ASTHMA.

HOW WOULD YOUR LIFE BE DIFFERENT IF ASTHMA WASN'T IN THE WAY?	WRITE A BRIEF SENTENCE USING A LITTLE FROM EACH SECTION, AS AN ACTIONABLE STATEMENT.
	<i>For example: I've had asthma for _____ years. It makes me feel _____ because _____. The things I would like to be able to do are _____.</i>

TAKING YOUR ACTIONABLE STATEMENT. WRITE A FEW SENTENCES TO HELP YOU CLARIFY QUESTIONS FOR YOUR DOCTOR.
<i>For example: Are my goals achievable? Can you help me reach these goals? What do I need to do? Does my asthma plan need to be updated?</i>

<b>NEXT REVIEW DATE:</b>	
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**Note:** If using the My Asthma Management Goals template with My Asthma Bag, please keep this document in the inside pocket with the log book. This form is not to replace the Asthma Action Plan, but to serve as a communication prompt prior to meeting with your GP.