

My Goal—My Roadmap



5: Achieve and sustain!

Did I achieve my goal?

If the answer is **"yes"**... how can I make sure that I continue to be able to achieve my goal?

If the answer is **"not yet"**... what changes can I make to my plan to help me achieve my goal?

4: Evaluate.

How am I doing in reaching my goal?

3: Take action.

Get started on accomplishing my goal.

2: Assess and plan.

What is blocking me from what I desire?
What will be the benefits of achieving my goal?
What do I need to do to get what I want?
What goals should I set?

1: Find your goal and commit.

What is my desire? What do I want to achieve?



To file a grievance, please contact us:

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Developed by IPRO ESRD Network of New York while under contract with Centers for Medicare & Medicaid Services. Contract HHSM-500-2016-00020C

My Goal—My Action Plan

Just wanting something is not enough to make it happen. The best way to achieve something that is important to you is by making an action plan for it.



Step 1: Find your goal and commit.

What is my desire? What do I want to achieve?

What are **S-M-A-R-T** Goals?

- Specific
- Measureable
- Achievable
- Realistic
- Time-based

Step 2: Assess and plan.

What is blocking me from what I desire?

What will be the benefits of achieving my goal?

What do I need to do to get what I want?
What goals should I set?

Dialysis facility staff:

Please keep a copy of this form in the patient's medical record and give the patient the original to use as a guide through the process.

Step 3: Take action.

Get started on accomplishing my goal.

Action Step 1:

Action Step 2:

Action Step 3:

Step 4: Evaluate.

How am I doing in reaching my goal?

Step 5: Achieve and sustain!

Did I achieve my goal?

If the answer is **"yes"**... how can I make sure that I continue to be able to achieve my goal?

If the answer is **"not yet"**... what changes can I make to my plan to help me achieve my goal?
