

PERSONAL PAH MOTIVATION WORKSHEET

PHuman[™]

REFLECTION

You are the expert of you.

Your PAH doctor and healthcare team rely on you to speak up about what you want to get out of treatment and what matters to you. Use this worksheet to organise your thoughts and create a plan that works for you.

WHAT MATTERS MOST TO ME

What motivates me? Think about your ‘why’ and what motivates you to fully engage in the management of your PAH.

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What do I enjoy? Specific things that you do alone or with friends and family during a typical week. Write down what you like to do so your healthcare team can work with you to find solutions that fit your life.

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On my own...

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With friends and family...

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WHAT KEEPS ME GOING

What am I looking forward to? Think about the things you're looking forward to so you can share them with your healthcare team. Together, you can keep these things in mind as you make your care plan.

[illegible]

Things I am looking forward to in the next few months:

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My goals for my health and managing PAH:

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I prefer a treatment plan that will allow me to:

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My long-term goals and milestones:

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WHO SUPPORTS MY JOURNEY

Think about ways that others can help you stay motivated and achieve your goals. Use this list to help you build a support network of people who can be there for you in different ways.

People who support me with:

Treatment decisions

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My emotional needs

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My social needs and hobbies

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My hard days

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Things around the house

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An emergency

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Celebrating milestones

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