



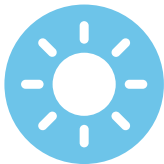
Health Goals

Everyone has a different notion of quality of life. For some, having a pain-free day is the goal. For others, running brings joy. What comes to mind when you think about your “quality of life”—as it is now and as you want it to be? Here are some questions for you to answer. If you feel comfortable, share them with your clinician, so that they can get to know you and your values.

Patient Name: _____ **Date:** _____



1. What brings you joy?



2. Describe your perfect day.



3. What does it mean to you to “feel better”?



4. What does a successful treatment plan look like to you?



5. What does a successful relationship with your health care team look like?

