



Yearly Goals for PANS/PANDAS Caregivers & Patients

Make goals achievable. Set up practices that empower you.



Whether you are a PANS/PANDAS caregiver or patient, you have a complex set of unique challenges. Instead of resolutions, let's switch to PRACTICES and GOALS. We can practice working on those goals throughout the year, so if we have to focus on other matters, we can pick up where we left off, learn, and go from there. Pare down your goals into achievable units. Be gentle with yourself and proceed one day at a time.

Create a list of goals and practices that will build you up, that make you feel empowered, that bring you peace and joy, and ultimately that help you not just survive but live!

PANS/PANDAS Goals

3-5 Tasks to Complete:

1. _____
2. _____
3. _____
4. _____
5. _____

3-5 Things to Decrease:

1. _____
2. _____
3. _____
4. _____
5. _____

Personal Practices

This Year I Will Try:

I Will Do More:

I Will Do Less:

My Priorities:
