



# Yearly Goals for PANS/PANDAS Caregivers & Patients

Make goals achievable. Make goals that empower you.



Whether you are a PANS/PANDAS caregiver or patient, you have a complex set of unique challenges. Often we don't want to even think about New Year's resolutions because we set unattainable goals that feel like even more work. Pare down your goals into achievable units. And yes, we know that self-care is a tall order but at least put on your own oxygen mask at some point during the year. We know you can't always put it on first.

Create a list of goals 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 Goals

This Year I Will Try:

\_\_\_\_\_

I Will Do More:

\_\_\_\_\_

I Will Do Less:

\_\_\_\_\_

My Priorities:

\_\_\_\_\_