This plan is designed for people with a long term condition(s) and can also be used as a pre-appointment planner for the fuller version of My Life Plan.

v. 2, July 2016
In respect of my health and well being:

What matters to me is:

What is going well:

What is not going so well:
The outcome(s)/goal(s) I would like to achieve to make my life better:

How important is it for me to achieve this outcome(s)/goal(s)
Not at all  1  2  3  4  5  6  7  8  9  10  very

The support I would like to help me achieve my outcomes/goals (for example meeting someone with a similar health condition, having transport, joining a community special interest group):

If my health starts to worsen I need to look out for the following symptoms:

and take the following action(s):
Consultation Date:  Practitioner Name:

The actions I will take:

The actions my practitioner will take:

Any other information:

Next Review Date: