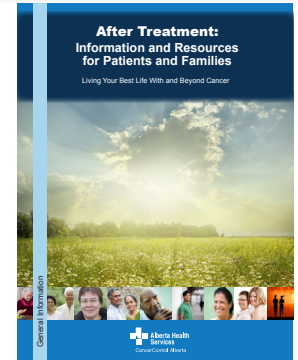


After Treatment Worksheet: Set Priorities and Take Action

Completing cancer treatment can be difficult when you are not sure what to do next. But, there are many things that you can do! Taking action to improve your health or wellbeing can help.

When you are ready, use this worksheet, along with the menu and the information in the **After Treatment: Information and Resources for Patients and Families** book to help you plan how you can move forward, one step at a time.



*One thing at a time, one step at a time,
adding up over time.*

	Date: _____	Date: _____
1 What will help me the most now? Write down your goal. (p.40)		
2 Why is taking action important to me? (p.41)		
3 What could I do to reach my goal? Write down your ideas. (p.42)		
4 What can I do in the next 2 weeks? Pick 1 action from Step 3 and make a plan. (p.43)		
5 Check back: how did it go? (p.45)		
Not well. Go to page 40 for ideas about what to do next.		
Success! Pick another action or a next step to work on.		