

My Goals

I want to:

- Breathe better.
- Understand my disease and what I can do to feel better.
- Have energy to enjoy my children and grandchildren.
- Rely less on others.
- Do everyday activities such as walking upstairs with less shortness of breath.
- Be stronger.
- Return to my hobbies and leisure activities.
- Be healthier and more active so I can enjoy my life and/or retirement.
- Quit smoking.
- Feel less anxious about my condition.
- Travel and enjoy myself.
- Make fewer visits to the hospital and emergency room.

Other goals:
