

GOAL GAME

TASK CARD

”I want to achieve ...”

”To find out what I can do to make my daily life easier...”

1

”To get control of my illness...”

2

”To see my relatives play an active part in my illness...”

3



GOAL GAME

”To have better relationships with my relatives...”

4

”To see that the group benefits from my experiences...”

5

”To be able to make conscious decisions about my lifestyle...”

6

”To experience something new and exciting...”

7



GOAL GAME

”To experience something new and exciting...”

8

”To get over my illness...”

9

”To feel better about myself...”

10

”To be motivated to change my habits...”

11



GOAL GAME

”To stay in shape...”

12

”To be able to accept
my situation...”

13

”To have more
self-discipline...”

14

”To learn to speak to health
care professionals ...”

15



GOAL GAME

”To meet new people
I could see socially...”

16

”To talk to others in the
same situation...”

17

”To be inspired...”

18

”To get good specific
advice...”

19



GOAL GAME

”To have somebody make
me stick to things...”

20

”To have surplus energy...”

21

”To be told what I can do
in my situation...”

22

”To learn what I can
do myself to prevent
complications...”

23



GOAL GAME

”To feel like
a *whole* person...”

24

”To be better
at saying no...”

25

”To be able to explain
my situation to those
around me...”

26

”To achieve things that
mean something to me...”

27



GOAL GAME

”To be pleased and satisfied
with my life...”

28

”To feel secure in my
daily life...”

29

”To have the strength
to make changes to
my life...”

30

”To learn about
my illness...”

31



GOAL GAME

”To get over my anxiety...”

32

”To take the responsibility
for my illness ...”

33

”To see things change
for the better ...”

34

”To be healthier...”

35



GOAL GAME

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36

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37

IMPORTANT

NOT
IMPORTANT

