

## Next steps – short-term goals

Once you have set your short-term goals, make a note of them below and think about how you can work towards achieving them.

<b>What I would like to achieve?</b> <i>Please insert your <b>personal</b> and <b>epilepsy care</b> goals</i>	<b>How will I achieve my goal?</b>	<b>When will I achieve my goal?</b>



Remember, your goals may evolve or change over time. So regularly think about your priorities, what you have already achieved and your continued hope for the future.

## Next steps – long-term goals

Once you have set your long-term goals, make a note of them below and think about how you can work towards achieving them.

<b>What I would like to achieve?</b> <i>Please insert your <b>personal</b> and <b>epilepsy care</b> goals</i>	<b>How will I achieve my goal?</b>	<b>When will I achieve my goal?</b>



Remember, your goals may evolve or change over time. So regularly think about your priorities, what you have already achieved and your continued hope for the future.