Setting Goals for the Quality of Life you want to embody.

How would you describe your current quality of life? Are there aspects you would like to change? Improve upon? Remove?

By definition, Quality of Life is made up of various aspect of life, to include, mental & physical health, recreation, relationships, belonging, and much more.

Evaluate your current quality of life, and set goals for the future. By working through these exercises you can be a more engaged patient, and better communicate your needs to your physicians and care team.

“If I didn’t define myself for myself, I would be crunched into other people’s fantasies for me and be eaten alive.”
- Audre Lorde

Allow these concepts to inspire your vision.

Let’s think about well-being. Measuring your own well-being can be a great place to start!

Well-being encompasses measures such as life satisfaction, freedom to change your life as you see fit, enjoyment, and self-fulfillment.

Begin assessing your well-being and quality of life by answering these questions...

- Life Assessment:
  - Who are you currently?
  - What do you want to keep/maintain?
  - What do you hope to see?
  - What would you like to change/improve?
  - What would you like move of/less of?

Source: https://umatter.princeton.edu/action-matters/caring-yourself/wellness-wheel-assessment
Treatment & Quality of Life Connection: How they can work together?

**Treatment Goals:**
What are some of your goals for treatment? What do you hope to achieve? What do you hope to maintain? What do you want to improve upon?

**Quality of Life Goals:**
Maintaining a healthy & positive quality of life during treatment that helps you hold on to your sense of normalcy is important.
What quality of life goals do you have? What relationships goals do you have (more time with family, resolving an issue, etc.)? What daily goals do you want to reach or maintain? What choices will you make to see these goals through?