

GOALS ARE IMPORTANT

Creating goals can help to clarify your thinking and enable you to figure out what matters most to you. Sharing those goals with your healthcare team can give them a clearer view on how you look at your treatment journey.

Knowing your goals is a critical factor for your doctor when determining the best course of treatment and care for you. They're important discussions to have as often as you need to, and this document can help you to have them.



SETTING AND SHARING GOALS CAN IMPROVE THE MANAGEMENT OF YOUR MBC

Ask yourself what is most important to you while being treated for metastatic breast cancer (mBC).

Living longer and delaying disease progression are often first and foremost in the treatment discussion of newly diagnosed patients. They're a big part of what treatment is about, and they're part of what your doctor is going to be looking at when sharing treatment options with you.

Now ask yourself what you want most from your life while you're undergoing treatment. You will most likely be working with your healthcare team not only in managing your treatment but also in the way you are living your life with mBC. It's important that you speak up and have as much of a voice as you can in what that life looks like.

GETTING STARTED ON YOUR GOALS

Only you know what matters most to you. In this document, you'll find space to write about your short- and longer-term goals, as well as some examples to help you get started. Take your time and think of the things that make the most sense for you. Try to find goals that inspire you.

Take this document with you to your next doctor's appointment. Discuss your goals, and how you can get started achieving them, with your doctor. There's space for your doctor to also weigh in on your goals, which will help the two of you to figure out the next steps together.





Short-Term Goals

Speaking up, and pursuing and achieving your goals, can be empowering. Think of some things you'd like to make happen in your life over the next three to six months while living with mBC. It can be a new goal, or something you've always wanted to do but for some reason have put off.

After you've written them down, consider numbering your goals in the order that you feel is most important. Help your healthcare team to understand what matters most to you.

Possible examples: *I'd like to take a cooking class. I'd like to spend more time with family. I'd like to go on more weekend trips.*



| Number |  My goal |  What can I do, and who might help me, to achieve my goals? |  Notes from the discussion with my doctor |  Track your goals |
|--------|--|---|---|--|
| Ex. | <i>Over the next 3–6 months I want to be able to take a cooking class.</i> | <i>Consider who might drive you to classes.</i> | <i>Ask how your mBC treatment might impact achieving this goal.</i> | |
| | | | | <input type="checkbox"/> I am pursuing this goal <input type="checkbox"/> I have achieved this goal <input type="checkbox"/> I am changing this goal |
| | | | | <input type="checkbox"/> I am pursuing this goal <input type="checkbox"/> I have achieved this goal <input type="checkbox"/> I am changing this goal |
| | | | | <input type="checkbox"/> I am pursuing this goal <input type="checkbox"/> I have achieved this goal <input type="checkbox"/> I am changing this goal |





Longer-Term Goals

Thinking longer term after receiving a diagnosis of metastatic breast cancer (mBC) can be difficult, but it's important to try. Where would you like to see yourself in six months to a year? Two years? Five? Write down some of your longer-term goals to discuss with your healthcare team. As you go through your mBC journey, it's good to have things to look forward to.

After you've written them down, consider numbering your goals in the order of what you feel is most important. Help your healthcare team to understand what matters most to you.





Possible examples: *I want to be able to continue to work. I want to take a vacation. I want to be able to carry on with my daily activities. I want to learn to play a musical instrument.*



| Number |  My goal |  What can I do, and who might help me, to achieve my goals? |  Notes from the discussion with my doctor |  Track your goals |
|--------|--|---|---|---|
| Ex. | <i>I want to be able to take a vacation.</i> | <i>Have your travel companion help organize the trip.</i> | <i>Ask how mBC might affect your ability to travel.</i> | |
| | | | | <input type="checkbox"/> I am pursuing this goal <input type="checkbox"/> I am achieving this goal <input type="checkbox"/> I am changing this goal |
| | | | | <input type="checkbox"/> I am pursuing this goal <input type="checkbox"/> I am achieving this goal <input type="checkbox"/> I am changing this goal |
| | | | | <input type="checkbox"/> I am pursuing this goal <input type="checkbox"/> I am achieving this goal <input type="checkbox"/> I am changing this goal |

Revisiting Goals

It's not uncommon for goals to change over time as your feelings change and your experience living with mBC grows. If you have any goals that have changed since the last time you discussed them with your doctor, share them. It's important to let your healthcare team know what you're thinking and how you're feeling.

| Number |  <p>Some of my goals that have changed are</p> |  <p>What can I do, and who might help me, to achieve my goals?</p> |  <p>Notes from the discussion with my doctor</p> |  <p>Track your goals</p> |
|--------|---|---|---|---|
| | | | | <input type="checkbox"/> I am pursuing this new goal <input type="checkbox"/> I am achieving this new goal <input type="checkbox"/> I am changing this goal |
| | | | | <input type="checkbox"/> I am pursuing this new goal <input type="checkbox"/> I am achieving this new goal <input type="checkbox"/> I am changing this goal |
| | | | | <input type="checkbox"/> I am pursuing this new goal <input type="checkbox"/> I am achieving this new goal <input type="checkbox"/> I am changing this goal |
| | | | | <input type="checkbox"/> I am pursuing this new goal <input type="checkbox"/> I am achieving this new goal <input type="checkbox"/> I am changing this goal |



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