

Parkinson's WELL-BALANCED LIFE GOALS SNAPSHOT TOOL



Once you have completed the prompts in the Parkinson's Well-Balanced Life Goals journal, use this snapshot tool to share your goals and intentions in the four domains with your physician.

These areas of your life can be greatly impacted by Parkinson's disease and may not be a part of the typical conversation with your health care provider, though are nonetheless very important as you proactively approach your care.

These topics also invite your healthcare provider into understanding your needs outside of symptoms, though impacted by symptoms, and encourages rapport and open communication.

Thank you to our annual sponsor:



Emotional intentions I'd like to share:

- 1 _____
- 2 _____
- 3 _____

Comments: _____

Spiritual intentions I'd like to share:

- 1 _____
- 2 _____
- 3 _____

Comments: _____

Social/leisure intentions I'd like to share:

- 1 _____
- 2 _____
- 3 _____

Comments: _____

Health/symptom management intentions I'd like to share:

- 1 _____
- 2 _____
- 3 _____

Comments: _____

How can the better management of my disease contribute to accomplishing my social, emotional, and spiritual intentions? And what can I explore that I haven't—exercise, medication, diet?



PMD Alliance

Parkinson & Movement Disorder Alliance

