



KEYS TO  
A LONG LIFE

# I Can Do It: My plan to take charge of my life

Name \_\_\_\_\_ Date \_\_\_\_\_

**1. What's bothering me:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**2. I want to be able to:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**3. To take charge, I need to:**  
A) Talk to these people: \_\_\_\_\_  
B) Get this medical information: \_\_\_\_\_  
C) Get other information: \_\_\_\_\_

**4. Today's date is:** \_\_\_\_\_  
**I want to take care of this problem by this date:** \_\_\_\_\_

**5. What is likely to get in the way is:**  
\_\_\_\_\_  
\_\_\_\_\_

**6. To make sure I succeed, I am going to ask for help from:**  
\_\_\_\_\_  
\_\_\_\_\_

