

My MS performance review

Your current life with MS

Circle how you currently feel about your life with MS.



Compared to one year ago, how would you rate the impact MS has on your life now?



This is due to:

In the last 4 weeks, to what extent has MS interfered with your normal social life?

It's time to review what you want from your life with MS? Have small changes started to slip into your daily routine? Are you spending more time thinking about managing the day-to-day than you are thinking about your future?

Take stock of your life with MS and set your personal goals. Use this as a basis to talk to your family and friends to see if there are things they have noticed too.

Your MS coping style

If your close friends or family were going to describe your MS coping style, what would they say?

What changes do you make day-to-day that you might not have told your doctor or MS nurse about?

Share this with your doctor or MS nurse at your next appointment.

Demand More from your life with MS.

Your MS goals

Circle how do you feel about your future with MS.



What would you like to achieve in the year ahead?

#MindYourBusiness

Keeping check on your life with MS