



# My Plan for Making a Difference

(Fill in your name): →

(Fill in what step you will take): →

**I,**

**WILL**

**BY**

Reference for form:

Lorig, K., Holman, H., Sobel, D., Laurent, D., González, V., & Minor, M. (2006). *Living a healthy life with chronic conditions: Self-management of heart disease, arthritis, diabetes, asthma, bronchitis, emphysema and others*. Boulder, CO: Bull Publishing.