

My Psoriasis Goals Worksheet

Creating a plan for managing psoriasis should include setting specific treatment goals and putting together a roadmap for how you are going to achieve them. This will also help determine which type of treatment to choose, or alternatively, when a treatment regimen is no longer sufficient to help you achieve your goals.

Consider the “SMART” approach to goal setting. When thinking of a goal, make sure it meets each of the criteria listed here which, taken together, spell out the word “SMART”.

Specific
Measurable
Achievable
Realistic
Time-targeted

Work with your healthcare professional to help set your management goals. **Use this sheet to help you stay organized and focused.** We have filled out an example for you below.

| Treatment goal | Time frame | Steps to achieving goal |
|--|--------------------------------|--|
| Wear a bathing suit at the beach this summer | By July 15 (start of vacation) | <ol style="list-style-type: none"> 1. Visit the dermatologist and, together, select an appropriate treatment 2. Follow the treatment regimen exactly as prescribed 3. Make twice weekly yoga and daily meditation a priority to help me manage stress, my biggest trigger 4. Visit the dermatologist for a follow-up appointment |
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Remember: Your psoriasis may change over time, which means that your treatment and treatment goals may need to change as well. Be sure to revisit your treatment goals periodically and keep your dermatologist informed of how your psoriasis is doing so that he/she can prescribe you a treatment that works best for you.