

Living Well with CF Worksheet

LWWCF Insights have been developed based on the experience of those living with CF as patients, carers, families and informed by health professionals.

About Living Well with CF Insights

Living Well with CF (LWWCF) Insights have been created as sources of information and inspiration. They have been developed based on the experience of those living with CF as patients, carers and families, and informed by health professionals. Whether you are a person with CF, a carer or a family member, these resources cover topics to help you to maximise the belief you have in yourself, your skills and your capabilities so you can optimise your physical, mental, and social health and wellbeing.

People living with CF as patients, carers or family tell us that:

“Living well with CF means that you have the agency, sense of control, resilience and confidence to live the life you want to live. It means being able to live a life with CF but that is not defined only by CF. It means having access to appropriate resources and supports to empower you to live the life you want to live.”

The Living Well Worksheet - Guidelines

The **Living Well Worksheet** has been developed as a practical tool you can use to help you work through any of the *LWWCF Insights* topics and resources, or other area of life where you want to make a positive change. or reach a goal.

The things you may want to reflect or change in your life are personal to you. Some examples include:

- Your internal self-belief, confidence, identity or capabilities
- Your physical health, mental health or social health and wellbeing
- Information, support or resources that you need to *Live Well* with CF.

This is your worksheet and your information – there are no right or wrong answers and your answers will almost certainly be different to everyone else. That said, you may find it useful to work through the worksheet with someone you trust who can help you brainstorm ideas and solutions.

You may also find it helpful to share some or all of your answers with people who love and support you, as well as with your healthcare team. If it is right for you, take the completed worksheet to your next medical appointment to help your healthcare team understand your goals, priorities and needs.

Hints and Tips

To understand more about what Living Well with CF means, read the LWWCF Insights resource, Defining Living Well with CF.

Living Well Worksheet

The thing I want to change is/my goal is:

1. Know you are in control

Remember, you are in control of your action, choices, healthcare decisions, life goals and what *Living Well* means to you. Thinking of these areas and others, write down things that you are in control of. Remind yourself of these if you feel out of control or if times get tough.

e.g. I am in control of the people I surround myself with

2. Identify where you are right now

List your strengths and what is working well. Then identify any challenges you are dealing with and/or needs you have.

My Strengths	e.g. <i>I am a good friend and great at sports, or I am a great listener</i>	Things that are working well	e.g. <i>My health is pretty good at the moment, or I have people in my life that I can talk to about anything</i>
Current challenges	e.g. <i>I am struggling financially, or I need to improve my health, or I often end up supporting lots of people which gets exhausting and impacts my own wellbeing.</i>	Things I am missing or need	e.g. <i>I need help to understand my health, or I need help managing anxiety, or I need to practice saying no and putting boundaries in place.</i>

3. Make a plan

Identify your goals, motivations, and the strategies you will use to make the change you want to make or to reach your goal. (Hint: See the *LWWCF Insights* resources for loads of ideas to get you started.)

Goal #1:			
Motivations		Strategies	

Goal #2:			
Motivations		Strategies	

Goal #3:			
Motivations		Strategies	

4. Put your plan into action, and enjoy the ride!

Set a timeline so you know how long you will try the strategies for and see if they help you create the change you seek to make. Now it's time to put your plan into action! Remember to enjoy the process of trying something new. Be curious about what works well and what you may need to change. Most importantly, be gentle on yourself and give yourself the time it takes to succeed.

My Timeline is:	
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5. Review your progress

Monitor and evaluate what is working well, what isn't working, any current challenges you faced and what else you need. Then use this information and the LWWCF worksheet to repeat the process as often as you need to. Hint: It can help to review progress often so you can adjust your plan as needed.

<p>What happened/what changed?</p>		<p>What worked well?</p>	
<p>What didn't work for me?</p>		<p>Current challenge or things I need</p>	

Remember, aside from your family and friends, your healthcare team are the people most invested in your health and wellbeing. Having regular conversations with them about your health, treatment, care, needs, goals and priorities means they can provide any information and support you need to enable you to live your best life.

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The resources in the LWWCF website and resource directory should be used in consultation with your health care practitioner or mental health professional.