




Making the Most of Your Day

As someone living with rheumatoid arthritis (RA), you may find yourself spending so much time and energy on day-to-day living that you may not have the opportunity to think about the long-term implications of living with RA. However, with a progressive disease like RA it's important to consider your future, especially because without appropriate treatment and management, RA can cause permanent damage to the joints resulting in deformity and even loss of independence over time. *My Day for RA* encourages you, and provides you with the resources to take one day to focus on managing your RA today and in the future.

Below is a simple checklist to help you plan your day.

I pledge to dedicate one day for RA – on this day I will set aside time to take action now, that may help me better manage my RA in the future.

My Day for RA is: _____

My Day for RA Checklist		
Learn more about RA: There is information on www.MyDayforRA.com , and you may find further information on health information patient group websites. <i>Please be sure to ask your doctor before taking any medical advice.</i>		
Set goals: Go to the <i>My Day</i> Action Planner on www.MyDayforRA.com and complete the simple questionnaire – you will create a personalised action plan which will help you evaluate how you currently manage your RA and will help you set goals in order to take control of your future. <ul style="list-style-type: none"> • <i>When setting goals, you may want to think about how your RA has affected your daily life in the last two years, and consider activities that you do now and want to continue doing regardless of your condition. Be sure to share these with you doctor at your next visit.</i> 		
Get a fresh perspective: Share your personal goals (the <i>My Day</i> Action Planner will help you to develop these) with a friend or loved one and ask them for their support in achieving them. Close family and friends can offer objective advice on how RA is impacting your life in ways that you may not have even considered.		
Join a community: Through a local RA patient group or a website, find a community of people with RA. Other men and women with RA can be a great resource for tips and support.		
Partner with your doctor: Your doctor will play a crucial role in helping you reach your short- and long-term goals. At your next doctor's appointment, speak with your doctor and share your personal action plan – your doctor can help you determine how to best manage your disease in order to achieve your goals.		
Track your progress: Over the next six months, make plans to track your progress at least monthly against the goals that you have set.		
It's your day – make the most of it! Add whatever activities will help you make the most of your day.		