Getting Started

Choose One Activity

There are many ways you can start gaining control of your chronic kidney disease. As you look over your options, you may be tempted to jump in and try to “fix” everything at once. But if you’re like most people, you’ll find that trying one thing at a time will help you succeed. Where would you like to begin?

You will see a number of options below. There is also a blank bubble for you to fill in if you want to start with an activity that is not listed on the plan. Look at the options and choose the one you’re most interested in trying first.

The action I want to try first is: ____________________________

How Ready Are You?

Once you make your choice, ask yourself how ready you are to take action. Circle the number on the scale that describes how ready you feel. Zero means you are not at all ready; 10 means you are completely ready.

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<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
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<th>7</th>
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<tr>
<td>Not ready</td>
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If you chose 0 - 3
What might need to be different for me to consider making a change in the future? Is there something different I feel ready to try right now?

If you chose 4 - 6
What are the pros and cons of making this change?
See “I’m not sure if I’m ready...” on page 2.

If you chose 7 - 10
What is my goal?
See “I’m ready to take action!” on page 3 and make your plan.
I’m Not Sure I’m Ready…

Weigh the Pros and Cons

You’re not alone. Most people find they have some good reasons for making a change and some good reasons for not making a change. Taking a closer look can help you know if this is the right time for you to take action. Ask yourself two key questions to get you thinking.

• What are some reasons for keeping things just as they are and not making a change?
• What are some reasons to take action to control my chronic kidney disease?

You may find it helpful to jot down some of the pros and cons and circle how important each one is to you. 1: not important 2: somewhat important 3: very important

<table>
<thead>
<tr>
<th>Reasons Not to Take Action</th>
<th>Importance</th>
<th>Reasons to Take Action</th>
<th>Importance</th>
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You are in charge of your own health habits. Looking at your reasons and weighing their importance may help you feel more ready to take action. If you feel ready, move on to the “I’m Ready To Take Action” section.

If you’d like some help taking a closer look at your current health choices or next steps, you may wish to contact your personal physician or make an appointment with a clinical health educator.

If you’d like to continue thinking it through on your own, try these questions on for size:

• How might my life and health be different if I make this change?
• How important is it to me to manage my chronic kidney disease?

When you’re ready, you’ll find a way to take control of your own health habits. We’re here to help.
I'm Ready to Take Action!

Tips for Success

- **Be Realistic**: Set a goal you know you can reach. Small steps add up fast, and there’s nothing like success to keep you motivated!

- **Be Specific**: Note exactly what you plan to do, how often you’ll do it and for how long.  
  Example: I will take and record my blood pressure at least 3 times per week.

- **Remind Yourself**: Note some ways you know will help you stay on track.  
  Example: I’ll block time on my calendar at 4:30 on Monday, Wednesday, and Friday for taking my blood pressure.

- **Plan for Change**: Think about what might get in the way of your success and what you can do to stay on track.  
  Example: If I need to attend a late meeting on Monday and I miss my scheduled time, I’ll do it at home at 8 pm.

- **Reward Yourself!** Find simple, meaningful ways to mark your progress. Some people like the reward of spending time with people they care about, going to a movie, reading a book or getting a massage. What would work for you?

<table>
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<tr>
<th>My Goal</th>
<th>Steps to Success</th>
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<tbody>
<tr>
<td>Note what you will do, how long, when and how often you’ll do it.</td>
<td>Note ideas for staying on track toward your goal.</td>
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**Example:**

- I will walk 20 minutes every day at work before lunch.

**Example:**

- Keep shoes and socks in my desk
- Write this as an appointment on my calendar
- Find a walking partner

**How I’ll reward myself:**

**Other resources**

Visit [kp.org/mydoctor](http://kp.org/mydoctor) to:

- View most lab results and check your preventive health reminders
- Email your doctor
- Use interactive online tools to help keep you and your family healthy

Contact your Kaiser Permanente Health Education Center or Department for books, videos, classes, and additional resources.

Your health, including your kidney disease, can be seriously affected by violence or abuse. If you are hit, hurt or threatened by a partner or spouse, there is help. Call the National Domestic Violence Hotline at 1-800-799-7233 or connect to [ndvh.org](http://ndvh.org).

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.