



## My Power Statement

We will achieve our goals much more quickly if the doctor is paddling in the same direction we are. For that to happen, we both have to agree on where we are heading. A two step Power Statement will help us tell the doctor what our goal for medication treatment is.

Create your Power Statement using these two steps:

**Step 1:** I want to work together to find a medicine that will \_\_\_\_\_

**Step 2:** so that I can \_\_\_\_\_.

Here are some examples of Power Statements:

- ▶ I want to work together to find a medicine that will *improve my concentration* so that I can *focus on my job at the pizza shop*.
- ▶ I want to work together to find a medicine to *help me manage my anger* so that I can *get along better with my family*.
- ▶ I want to work together to find a medicine that will *help me improve my sleep* so that I can *get up on time for school*.

Now it's your turn to develop your two step Power Statement and to make a plan for using it.

 <b>Power Statement</b>	 <b>My Power Statement Plan</b>
---	--

I want to work together to find a medicine that will:

I will share my Power Statement with:

so that I can:

fold

My next steps: