Live Fully, Live Well

A Wellness Program for People with MS & Their Support Partners

My Personal Call to Action: Planning for My Future (Careers)

You are more than your MS. Invest in yourself by caring for yourself. The rewards will be well worth the effort. Check those items you are interested in pursuing.

	USING THIS ACTION PLAN, I WILL...	IDEAS OR QUESTIONS I HAVE...
❑	Have an open and honest conversation with family and friends about my concerns related to employment.	
❑	Talk with my spouse/partner about how we can manage career challenges together.	
❑	Over the next six months I would like to achieve this professional goal — _____ . How do I make this happen?	
❑	Research accommodations that could be helpful to me in the workplace.	
❑	Take the *Career Crossroads* coached course.*	
❑	Work with a career or certified vocational counselor to discuss my employment options.	
❑	Visit *nationalMSsociety.org/employment* for more information on career decisions and MS.	

** See the Resource Guide for more information.*

USING THIS ACTION PLAN, I WILL...	IDEAS OR QUESTIONS I HAVE...
❑ Watch *Planning for Your Future (Finances and Careers)* on the ***Live Fully, Live Well*** DVD.	
❑ Listen to the Webinar program, *Planning for Your Future (Finances and Careers)* with Silvia Stazio, CFP and Steve Nissen, MS, CRC.*	
❑ Contact an MS Navigator™ at 1-800-344-4867 to learn more about the employment resources available to me.	
❑ Contact Can Do MS at 1-800-367-3101 with my wellness questions.	
❑ Other:	

** See the Resource Guide for more information.*

National Multiple Sclerosis Society

CAN DO Multiple Sclerosis™ Lifestyle Empowerment Programs

Brought to you in partnership by the National MS Society and Can Do MS.

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