



Creating your new path

This document was developed in partnership with the PNH community and Leslie Thorpe, a professional health and wellness coach.

The PNH effect

Living with PNH can impact many areas of your life, whether it's your career goals, your social life, your passions or your purpose.

When you feel like where you are now doesn't match with where you want to be, how do you find a path forward? It begins by creating a roadmap. Let's get started!

Two steps to make a change

1

Define your vision

When you imagine yourself feeling vibrant and living the life you want, what does that look like? To help clarify this vision, answer 3 simple questions:

- **What parts of your life are you happy with?** *Example: I feel very supported by my family and having that support is important to me.*

- **Are there parts of your life that are important to you, but PNH is holding you back?** *Example: I wish I could socialize more, but I'm so tired I don't feel like I can commit.*

- **How do I want to feel?** *Example: empowered, inspired*

2

Develop a plan

The next step is to create a realistic plan for how to turn that vision into your reality! This is not a race to the finish line – think of them as “baby steps.”

Working backwards from your vision, write down the steps that can help you plan for the life you want with PNH. By considering them in reverse order, you will have the outline of your roadmap.

- **Action Item 5: MY VISION** • *Example: be able to socialize more freely*

- **Action Item 4** • *Example: discuss these elements openly with my doctor, including changes we can make to my treatment or lifestyle*

- **Action Item 3** • *Example: make a “wish list” to share with my doctor, outlining my symptoms and needs*

- **Action Item 2** • *Example: tell my friends and family how I feel, including ideas on how to stay connected, like setting up more flexible plans*

- **Action Item 1** • *Example: start a journal, taking note of when I have to turn down a social opportunity and why, and how this makes me feel*

REMEMBER!

It is okay to take small, realistic steps forward. Whatever steps you take will add up over time, creating momentum towards reaching your vision!



Leslie Thorpe was compensated by Apellis for the time required to develop this worksheet.