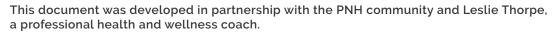
Identifying what's in your way





The PNH effect

Living with PNH can sometimes mean saying "no" more than you'd like — from career goals to activities that bring you joy.

So, how do you go from "no" to having a little more "yes" in your life? Identifying the barriers standing in your way can be a helpful step.

Five quick questions

	mple: I'm worried I won't enjoy the trip, because I won't feel well enough to participate.
Wł	nat are 2-3 specific actions you can take to overcome these barriers?
on ı	mple: I'll talk with my doctor to work through a plan to manage my PNH before and while vacation, confirm how to reach the doctor while away, and will travel with an empathetic I flexible friend in case plans need to change.

•	onal strengths can you use to help address these barriers?
Example: I'm so I'm "covere	resourceful and organized. I'll develop a plan with my doctor and my frier ed."
What can y	you reprioritize or delegate to further help?
•	an ask my friend to help me unpack so I can conserve my energy for our arrange transportation in advance, so we don't need to walk.
What profe	essional could you turn to for additional support?
Example: My my symptoms	doctor can be a helpful resource in thinking about how to better manage s.

REMEMBER!

Everyone faces barriers. The key to overcoming them is tapping into your personal strengths and working with others (including friends, family, and your doctor) to get creative. The life you deserve may be closer than it feels!



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



