Room to Improve?

If you’re taking all your medications exactly as directed, good for you. If you’re not, are you having problems with all your meds or only with certain ones? For each problem pill, try to come up with two ways to improve your usage.

Example:
What’s stopping me?: I forget to take my evening medications.
Possible ways to improve: Take my pills with dinner. Or, set an alarm to remind me to take them.

What’s stopping me?

Ways to improve:

What’s stopping me?

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