

**WHEN MY CHRONIC ILLNESS  
KEEPS ME HOME I NEED:**

I want you to know that:

In order to take care of myself today I have to:

You can best support me by:

**1.**

**2.**

**3.**

*The*  
**MIGHTY**

**WHEN I DON'T HAVE ANY SPOONS I NEED:**

I want you to know that:

In order to take care of myself today I have to:

You can best support me by:

**1.**

**2.**

**3.**

*The*  
**MIGHTY**