

SMASHING
MY LIMITS

Let's Reflect on Your SMA: How Are You SMAshing Your Limits?

How have you celebrated your spinal muscular atrophy (SMA) wins, both big and small? Whether through journaling or another creative outlet, it's important to take time and reflect on this to help you recognize your accomplishments and celebrate your SMA journey.



Reframing your thoughts to SMash your limits

Set time aside for yourself every few months to reflect on the questions below. You can type your responses, write them in a journal, or record a voice memo, whatever feels most authentic and manageable to you. If journaling isn't your thing, consider channeling your reflections into another creative outlet, such as free writing, visual art, or making a video.

These prompts are designed to help you check in with yourself, but they can also spark meaningful conversations with friends, family, or members of your community. If you're comfortable, consider sharing your thoughts. Doing so can create connection, offer support, and even help others reflect on their own journeys.

If reflecting on these questions starts to feel overwhelming or brings up anxiety, consider talking to your family or friends.



Rethink frustration

On a scale of 1-10 how frustrated have you felt over the last few months with your SMA?

1
Not at all

2

3

4

5
Moderately

6

7

8

9

10
Extremely

Think about your frustration. While it is completely okay to be frustrated, what are things you can do to address or manage it?

Make a list of those actions here to work on this — creating a checklist can be helpful to make the next steps seem more manageable. Alternatively, if you know the next steps to resolve this, reflect on why this was frustrating.

Try reframing how you think about your frustration. For instance, is there something positive that it's taught you about yourself? Has it empowered you to advocate for yourself in new situations? List those things below.





What are some wins you had over the last few months, big or small? List them below.

On a scale of 1-10 how excited did this win make you feel?

10
Extremely

How can you celebrate your wins over the next few months?

There is no wrong answer here – whether you celebrate privately or share them with others, list them below.

When are you the happiest? How has having SMA impacted these moments?



What steps did you take toward achieving your goals over the last few months?

Are there any goals you achieved? Reflect on those here.

What is a dream, goal, or challenge you want to take on over the next few months?

What steps can you take toward achieving the goal you wrote down above?
What assistance, such as travel or medical support, do you need to make these goals achievable? What steps can you take to help reach them?

On a scale of 1-10 how SMAshing do you think you'll feel if you achieve your goal?

1 2 3 4 5 6 7 8 9 10
A tiny bit *Moderately* *Extremely*



Now, look back at your responses and take a moment to reflect on your recent journey with SMA. As you reflect, choose one of the affirmations below that best represents how you feel right now. Consider how your feelings might change each time you reflect, and how your affirmations may evolve as a result.



Confident



Growing



Resilient



Independent



Limitless

Every day brings a new opportunity to SMaSh your limits, whether through a small personal victory or a life-changing achievement. Challenge yourself to think “how am I SMaShing My Limits” and celebrate your achievements.

You’ve earned it!

SMASHING MY LIMITS

Visit **www.international.SMaShingMyLimits.com**
to learn more and see other helpful resources

If this exercise triggered any negative or unwanted feelings, please reach out to your health care team for support. You can also visit your local or national mental health services or the [World Federation for Mental Health](#) for more information on global support services.