

## **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.



*"Even if you don't typically journal, taking a moment to reflect can help you recognize both the challenges you've faced and the progress you've made. It's a reminder that even during tough times, you're still growing — and there are good things ahead to look forward to."*

**— Siara M., SMA Patient Advocate, SMA Type 3**

# 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 to you. If journaling isn't your thing, consider channeling your reflections into another creative outlet, such as free writing, visual art, or filmmaking.

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 reaching out to a licensed therapist or psychologist for support.



## Rethink Frustration

What frustrated you over the last few months that had to do with SMA?

Think about this 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 this 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.



## Reflect on the Positive

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

Which win are you most excited about and why?

Do you celebrate these wins privately or share them with others?

*Feel free to elaborate. There is no wrong answer here — both kinds of wins should be celebrated!*

Whether alone or with others, how can you celebrate your wins over the next few months?

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



*"I celebrate wins differently. Earning cum laude for my degree was big — but so was working out this morning. I don't usually share the latter, but I'm proud of it."*

**— Januel G., SMA Patient Advocate, SMA Type 2**





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 accommodations — such as travel or medical support — do you need to make these goals achievable? What steps can you take to help reach them?

Imagine how you'll feel if you achieve your goal. List those feelings below so you can reread them for extra motivation later!

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



Worthy

Every day brings a new opportunity to SMASH your limits — big or small. Challenge yourself to think “how am I SMASHing My Limits” and celebrate your achievements.

**You've earned it!**



*"Journaling helps me sort out the conflicting feelings I feel towards having a physical disability as there are many good days and bad days and not many people can relate to what we go through, so journaling gives me a way to process my feelings."*

— Addison D., SMA Patient Advocate, SMA Type 3

# SMASHING MY LIMITS

Visit **[www.SMAshingMyLimits.com](http://www.SMAshingMyLimits.com)** to sign up for updates and be the first to know when new resources are available.

If this exercise triggered any negative or unwanted feelings, please reach out to your health care team for support. You can also visit [The National Institute of Mental Health](https://www.nimh.nih.gov/) for more information on mental health information, support and upcoming events.