

About me



Name

What is most important to me?

What do I love doing?

How do I relax and unwind?

Overall, how would I describe my life these days?

Excellent

Very good

Good

Fair

Poor



How I see myself right now



The wheel on the next page looks at your physical, mental, social and spiritual wellbeing.

For each statement, if **it's going well**, mark one of the dots closer to the statement. ●

If **it's not going well**, mark one of the dots closer to the middle. ●

There are no right or wrong answers. You might be surprised at what you discover.

Remember, this is about you being unique; no one else is like you.

Remember – areas of strength help us work on areas of challenge



What's important and what's going well?



What's important to me? _____

What's going well? _____

Where would I most like to make changes?



Make a list.



Now let's collect some health information

