

What's important to me?

Let's identify what is important to you

- ▶ This helps you keep motivated to keep well.
- ▶ Don't let health issues stop you from doing the things that are important to you.

Here are some things that other people have said are important to them:



finishing the course I'm studying

visiting my son and family overseas

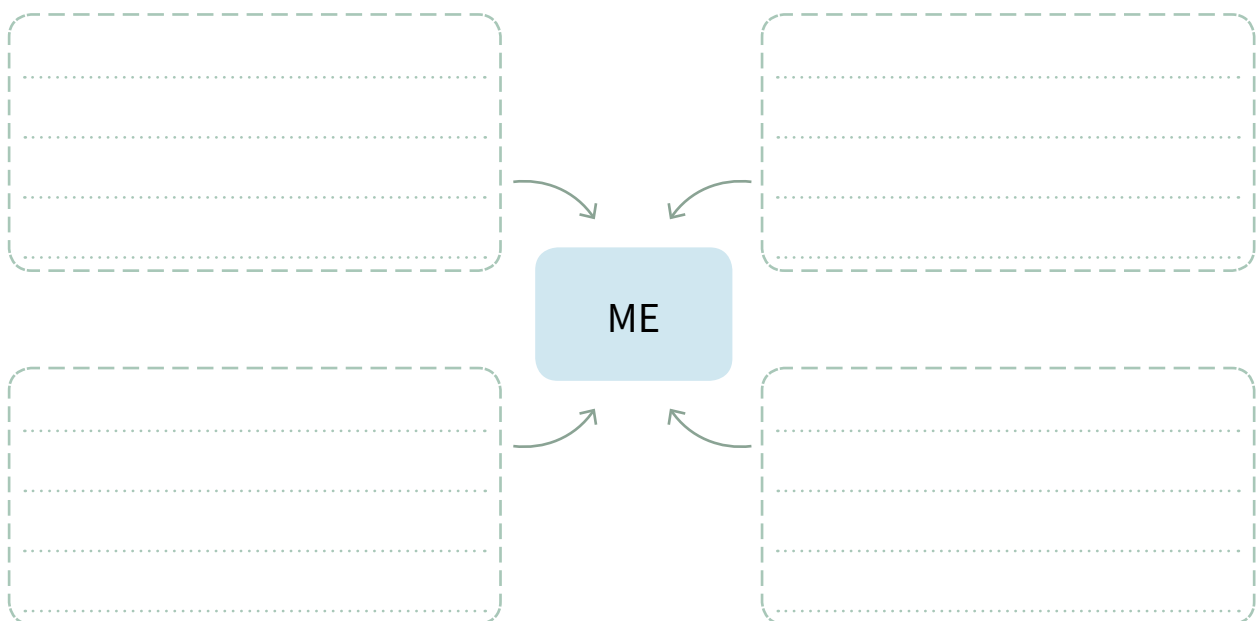
getting back to work

taking grandchildren fishing

helping out at church

looking after my dog and staying in my own home

▶ **Write down what is most important to you:**



ME