Which area of your health are you most concerned about?

- Stress
- Eating
- Physical Activity
- Weight
- Smoking

Or is there another area?

Think about the reasons for your concern.

1. ________________________________
2. ________________________________
3. ________________________________
On a scale of 0 – 10, how ready are you to consider making a change in this area?

0 1 2 3 4 5 6 7 8 9 10

Not interested at all

Ready to start right this minute

Ask yourself these questions:

1. Why did you pick this number?

2. What would need to be different for you to move to a higher number?

3. What is one small step you could take to move you closer to making a change?

Go confidently in the direction of your dreams. Live the life you’ve imagined!

---Henry David Thoreau