

VALUE – BASED REALITY CHECK

1. In what ways am I being true to who I really am?

2. In what ways am I NOT being true to my strong and healthy self?

3. What is getting in the way?

4. What are some things that I can do to increase my resilience, to be even just a little bit more on track with my strong and healthy self in each of these domains:
 - My Physical Health?

 - My Mental Health? (Cognitive capacities, challenging ourselves etc)

 - My Social Health?

 - My Emotional Health?

What am I committing to doing TODAY? Who will I tell to help cheer me on?