

## Which area of your health are you most concerned about?

Stress

Eating

Physical Activity

Weight

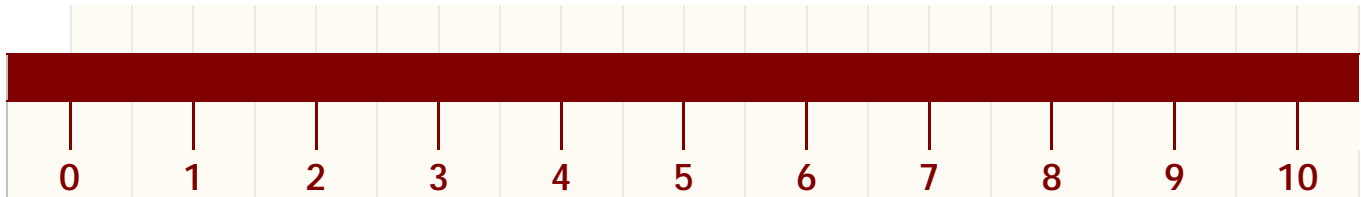
Smoking

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?**



**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**