

Wellness Check

How Well Are You Today?

1-2 not well at all _____

3-4 I could be better _____

5-6 I'm a little well _____

7-8 I am well _____

9-10 I'm very well _____

Explain Your Wellness Number:

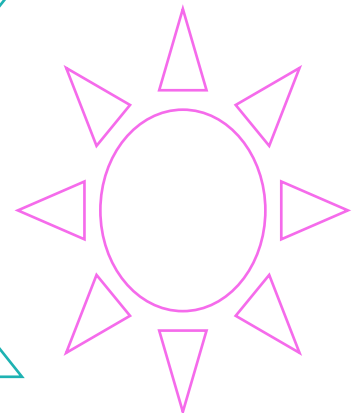
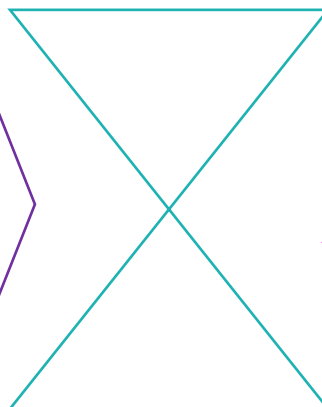
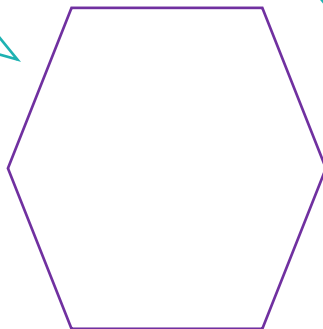
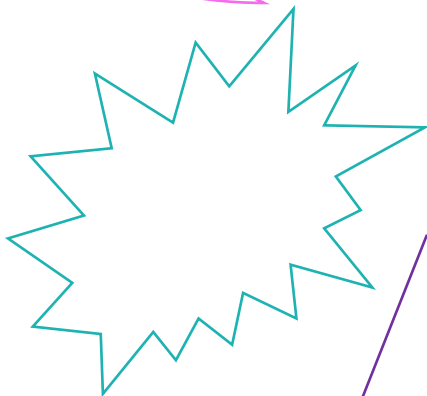
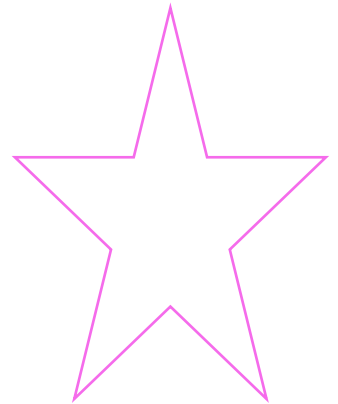
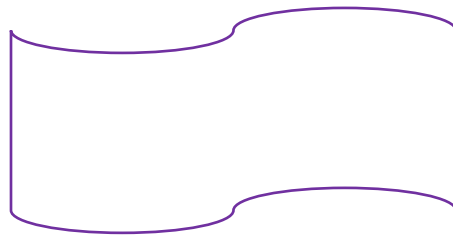
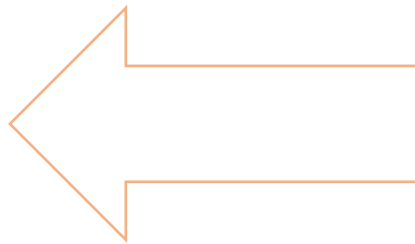
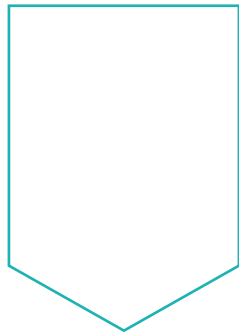
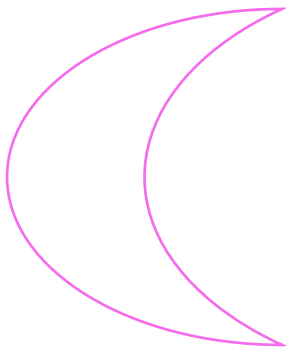
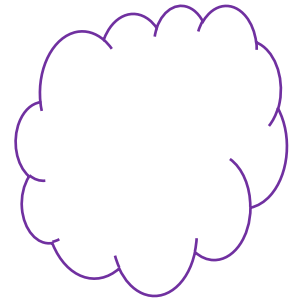
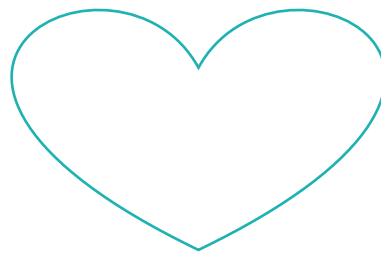
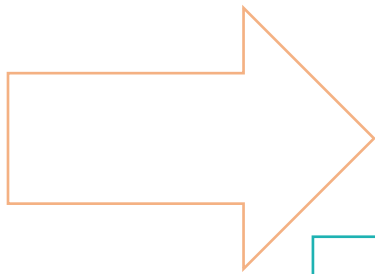
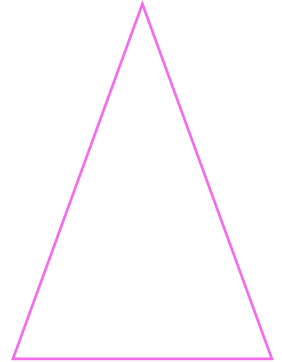
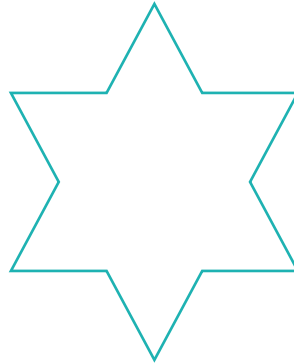
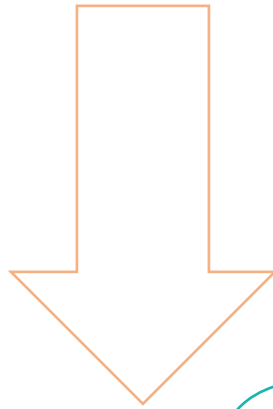
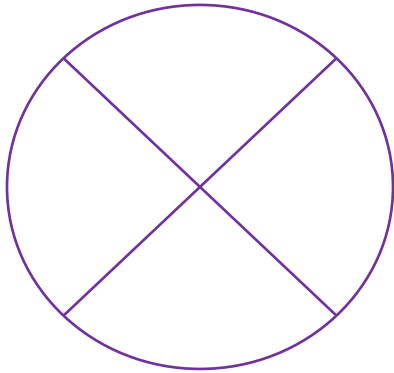
If Your Number Is A 10 How Can You Support Someone Else?

What Do You Need To Increase Your Score By 2 Points?

Encouraging Statements

- I am glad that you are here today!
- I am so proud of you!
- Be gentle with yourself!
- You are valuable!
- You matter to me!
- Your wellness is important so take good care of yourself!
- There's something in you that someone needs today!
- You are special!
- You are enough!
- You are important!
- I'm cheering for you!
- You are loved!
- You can make the impossible, possible!
- You are capable of doing amazing things!
- You owe it to yourself to believe in yourself!

21 Things I Love About Myself



Goal Of The Week

1 Personal Goal That I Have

2 Reasons Why This Goal Is Important!

3 Things That I Need To Do To Achieve This Goal

4 Things That Will Happen When I Achieve This Goal

