

## How to use the Self-Reflection Worksheet:

1. Read about the risk factors in the **Good Health** section.
2. For each risk factor, answer these 3 questions. Choose the number on the scale that best represents how you feel. **Enter the numbers in the columns of your worksheet on the next page.**

Is there room to improve in this area?									
1	2	3	4	5	6	7	8	9	10
not at all			somewhat				a lot		

How motivated am I to improve this area?									
1	2	3	4	5	6	7	8	9	10
not at all			somewhat motivated				very motivated		

How confident do I feel in being able to do this?									
1	2	3	4	5	6	7	8	9	10
not at all			somewhat confident				very confident		

3. Review your answers. To decide which areas you would like to focus on, consider:
  - What areas would benefit most from improvement?
  - What are you most motivated to do?
  - What actions are you most confident that you can do?

Risk Factor	Room to improve	Motivation	Confidence
<i>Example: Blood Pressure</i>	9	10	4
Alcohol			
Atrial Fibrillation			
Being Smoke-Free			
Blood Pressure			
Cholesterol			
Diabetes			
Healthy Weight			
Nutrition			
Physical Activity			
Sleep Apnea			