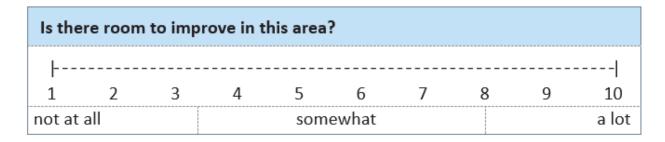
## How to use the Self-Reflection Worksheet:

- 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.



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
Example: Blood Pressure	9	10	4
Alcohol			
Atrial Fibrillation			
Being Smoke-Free			
Blood Pressure			
Cholesterol			
Diabetes			
Healthy Weight			
Nutrition			
Physical Activity			
Sleep Apnea			