

# DEFINE "HEALTH"

Define what "health" means to you personally, so you can prioritize choices that support your own values and well-being. (Note: Your definition of "health" may be very different from the people around you!)

What does health, wellness or well-being mean to you?

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What are your priorities for your own health and well-being now?

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What actions are you taking (or can you take) to prioritize these in your life?

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|---|-------|
| 1 | ..... |
| 2 | ..... |
| 3 | ..... |

What aspects of building your health and wellness do you find challenging?

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