

ACTION STEPS FOR MENTAL WELLBEING

PART IV



Worksheet 8

*Review the two previous questionnaires, noting the items you marked as “**Needs Attention**.” These represent areas where greater awareness and small, steady changes can strengthen your physical wellbeing.*

LIST THOSE AREAS HERE

Choose five or more areas that feel most important for your health right now and describe practical, realizable steps you can take immediately for improvement.

1) **Needs attention:** _____

● **Describe practical, realizable steps you can take now for improvement.** _____

2) Needs attention: _____

● Describe practical, realizable steps you can take now for improvement. _

3) Needs attention: _____

● Describe practical, realizable steps you can take now for improvement. _

4) Needs attention: _____

● Describe practical, realizable steps you can take now for improvement. _