

ACTION STEPS FOR EMOTIONAL WELLBEING

PART IV



Worksheet 13

*From the previous two questionnaires, review all the items you marked as “**Needs Attention**.” These represent areas where greater awareness and small, steady changes can bring greater emotional stability.*

LIST THOSE AREAS HERE

Choose five or more areas that feel most important for your emotional stability 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.*__

5) Needs attention: _____

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