

LiVe Well Readiness Worksheet

Name _____

What are you ready to do?

Use this worksheet to help you choose a healthy lifestyle goal that you're ready to work on.

1

NARROW YOUR CONCERNS

What are your biggest health concerns?

A _____ B _____

C _____ D _____

Which concern are you most ready, willing, and able to work on NOW?

On the ruler, write the letter of each concern above a number to show how ready you feel to work on it right now.



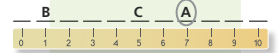
Not ready

Unsure

Ready

Circle the concern you marked farthest to the right.
Choose to work on this concern.

Example:



2

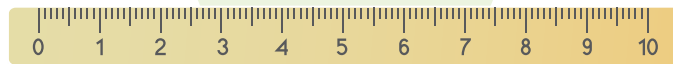
NARROW YOUR BEHAVIORS

What specific behaviors or actions would help you with this concern?

Talk with your healthcare providers for ideas about what's proven to help most.

Which behavior or action are you most ready, willing, and able to do NOW?

Consider the ruler again.



Not ready

Unsure

Ready

Set your goal around the behavior or action you're most ready to do.

3

SET YOUR GOAL

My goal: _____

Now make an Action Plan to help you reach your goal.



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