



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HOW ARE YOU?

MOOD, BODY AND SPIRIT

I am here because...

Things I would like help with (check all that apply):

- Feeling healthier
- Nutrition
- Physical pain
- Having more friendships
- Having better relationships
- Liking myself better
- Being more present
- Not getting stuck in the past
- Not worrying about the future so much
- Work
- Other _____
- Other _____

This is important to me because...

What I already have that can help me
(check all that apply):

- Supportive friends
- Supportive family members
- Spiritual beliefs
- I bounce back well
- I am strong
- I ask for help when I need it
- I believe that things can get better
- Other _____
- Other _____

Things that get in my way at times...

◆ **Outside problems** (check all that apply):

- Lack of support
- Finances
- Work/employment
- Things I've been through in the past
- Alcohol or drugs
- Other _____

◆ **Inside problems** (check all that apply):

- Thoughts
- Feelings: worry, fear, anger, embarrassment, shame, sadness
- Believing that things can't or won't improve
- Actions I take
- Other _____

Ideas I have about what might help me...

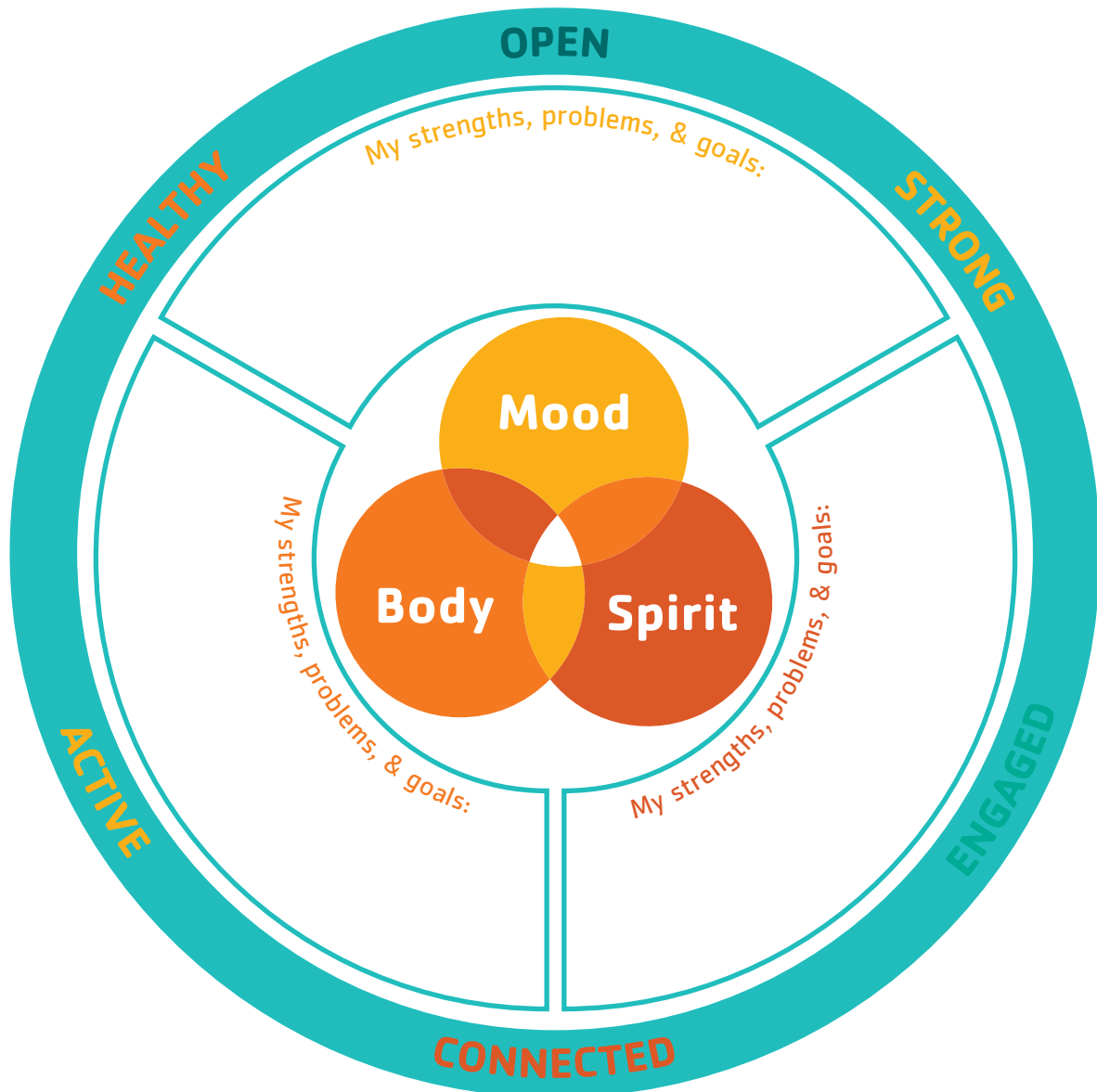
I will know I have reached my goals when...

I feel _____

I am _____

I can _____

WHAT IS YOUR Y PRESCRIPTION?



This is important to me because...

Steps to meet my goals:

Actions I will take to meet my goals:

What is my Y prescription?