


Self Assessment Poster

Check in. Reflect. Improve.



How am I going with my health habits?

Read each statement and choose the level that's most like you.

5	<p>Always I do this consistently.</p> 	<ul style="list-style-type: none"> • I make healthy choices most of the time. • I look after my body and mind. • I am active and get enough sleep. • I manage stress in positive ways.
4	<p>Often I do this most of the time.</p> 	<ul style="list-style-type: none"> • I make good health choices regularly. • I look after my body and mind. • I am active and get enough sleep. • I manage stress most of the time.
3	<p>Sometimes I do this some of the time.</p> 	<ul style="list-style-type: none"> • I make healthy choices sometimes. • I look after my body and mind at times. • I am active and get enough sleep sometimes. • I manage stress some of the time.
2	<p>Rarely I do this a little bit.</p> 	<ul style="list-style-type: none"> • I make healthy choices rarely. • I don't always look after my body and mind. • I am not active or I don't get enough sleep. • I find it hard to manage stress.
1	<p>Never I don't do this yet.</p> 	<ul style="list-style-type: none"> • I don't make healthy choices. • I don't look after my body or mind. • I am not active and don't get enough sleep. • I don't manage stress well.



Reflect

What am I doing well?

What is one challenge I want to improve?

How do I feel about my progress?



My Goal

One thing I will focus on:

I will do this by:

I will know I'm improving when:



My Action Plan

What will I do?

1. _____

2. _____

3. _____

When will I do it?

Who can support me?



Check in regularly.
Small steps lead to big changes!



Be kind to yourself.
Every step forward counts.