XXXX’s HEALTH CHECK 2019

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|  | **Speedo 1.jpg**  **Making space for myself/self-care/de-cluttering and simplifying** | **Speedo 2.jpg**  **Holding boundaries with others/speaking out** | **Speedo 1.jpg**  **Not working too hard; leaving in good time/cutting back hours** | **Speedo 2.jpg**  **Freedom, fun and taking some risks** |
| **What rating would I give myself 1-10?** |  |  |  |  |
| **What's going well in this area?** |  |  |  |  |
| **What's not going well in this area?** |  |  |  |  |
| **How would I rate my overall progress over the last few months?** |  |  |  |  |