

Activity 1



### A Place to Begin: How are you feeling right now?

#### What to do?

Check the statement that best applies to you.

Think about your health, your experiences, how you feel.

- I'm healthy. No worries.
- I'm healthy, but I work hard at taking care of myself.
- I have health challenges, but I'm managing them.
- I'm okay, I guess. Could be better.
- I'm not healthy. I never feel really good.
- None of the above applies to me. Here's my situation.

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### Think About...

- What does it mean to be healthy? How do you know when you are healthy?
- What does it mean to be unhealthy? How do you know when you are unhealthy?
- Does being healthy mean different things to different people?
- Do you take steps in your life to make yourself healthier?

#### A Place for Your Notes:

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