Moving Forward: Life Design

Name: _____ Date: _____

Motivation: ***feeling energized, focused, and open to new possibilities***

○ ○

Very Little Low Increasing Up Extremely High

Interpersonal Relationships

☑ ☐

Feeling isolated Experiencing difficulties Connecting more Satisfying relationships

Healthy Eating Habits

General Suggestion: three ***balanced*** meals plus two light snacks/day

☑ ☐

Days: 0 1 2 3 4 5 6 7

Appetite & Activity -

Changes in **appetite**? Same

Activity or Exercise Goal: 1

Changes in **physical activity?** Same

Any change in medications? ◉ Y | N ◯

Taking a daily multivitamin? ◉ Y | N ◯

Practitioner notes

On a scale of 0-10, with 0 being poor and 10 being well, how would you rate your ***sleep*** over the past week? 1 (GTS_ SA_ PRE_)

How many hours of sleep per period on average? ___

Networking: ***Service, Connection, and Kindness***

For the past week, indicate practices of kindness or connections

CONNECTING __Inside Company __Training __Community/Meet-Ups

CARING: __Volunteer Service __ Intentional act(s) of kindness

OUTREACH: __ Calls __ Cards __ Greetings __ Correspondence

__ Other:_____

How many hours can you commit to moving forward this next week? ☐

Please complete as many boxes as you can.

For whom/what are you grateful:

What did you learn in our last session or in your homework that was NEW for you?

In what ways have you surprised yourself?

Plan a specific networking activity or act of kindness for tomorrow:

Save Clear