

Where Are You Now? Well-Being Survey

Name: _____

Date: _____

Print this form out and complete it. This simple, easy survey provides a baseline of information for you to use as you make choices about how to focus your time and energy. No right or wrong, good or bad, just where you are now in your normal natural responses to cancer's impact.

	No		Some		Yes
Emotional Wellbeing:					
I am able to manage my emotions and restore peace or balance.					
I feel that I have choices and options.					
I can make the decisions needed and implement them.					
I believe I have the ability to create a happy fulfilling life.					
Self-Image:	No		Some		Yes
I am comfortable with the impact of treatment and changes in my body.					
I am confident that I can participate fully in intimate relationships.					
Communication:	No		Some		Yes
I can openly share my concerns, feelings and needs.					
I know who and where to get answers to questions or concerns.					
I can ask for what I need.					
I am capable of communicating effectively with everyone around me.					
Personal Wellbeing:	No		Some		Yes
I have a support system in place and I turn to it on a regular basis.					
I've given myself permission to make self-care a priority.					
I have an ongoing routine that is supportive and manageable.					
I have a belief system that sustains me no matter what life throws at me.					
I can manage my life and responsibilities.					
New Choices:	No		Some		Yes
My priorities have changed because of cancer.					
I want something different but I'm stuck, or have no idea what I want.					
I'm ready to make choices and take action.					
I am willing to take responsibility for my well-being.					
I believe that if I can do cancer I can do anything.					

I know what's next for my life.

No		Maybe		Yes!
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What surprised you or stood out about your answers? Who do you want to be going forward? How will you choose to spend your precious time and energy? Let's talk about what's next for you in a FREE No Cost / No Obligation 30-minute phone consultation. Start living what matters now. Why wait?

**Schedule Your FREE Telephone Consult Now! Call 954-663-7834
or email Paula@WhatsNextForMyLife.com.**