

Wellness Inventory

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Instructions: Please write your name and the date/day you are beginning to start on your journey. This will help you keep yourself on track.

Name: _____

Day _____ Date _____

The truth about you begins with asking questions like the following:

What can I do to share my gifts?

1. Ask yourself, what am I good at?

For example: I am good at talking with others; I am good at listening; I can keep myself organized; I can shop on a budget; I can make pretty artwork; I can take care of others; etc.

2. Do you have a method; what works for you?

3. What can you do that you enjoy?