

NAME: DATE:

Review your drawing and notes from the "MOT 4U" workshop to answer the questions and complete the following diagnostics for your "vehicle for well-being".

### Key Success Markers

# Key Focus Areas

## Dashboard Warnings Additional Notes

Which parts of the car do you feel you are doing really well?

Q

Which parts of the car do you feel need attention?

B

What are your "signs" that things aren't quite right?

-**.** 

What else are you noticing about your vehicle?

2

2.

2.

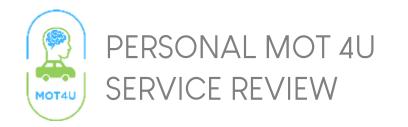
2.

3.

3.

3.

3.



NAMF: DATE:

Continue to review your reflections to build your on-going maintenance plan. Rate your overall well-being and set a date for future review.

#### **Continued Success**

Activations

2.

How will you keep the "good

bits" going?

3.

What will you do about the areas needing attention?

2.

3.

Support

What help might you need for your plans?

Remedies

What will you do if you notice your warning signs flashing?

2. 2.

3.

3.

#### FINAL CHECKS:

Confirmed successful parts Highlighted attention needed areas

Identified warning signs

Planned on-going adjustments

**REVIEW PLAN:** 

When will I next review this?

What do I want to be saying on that date?

Overall self-assessment (circle):

1 = Seek support 7 = Best for me