

Share your Wellness Journey

You will receive 20 points for completing this activity

Name: _____ Facility: _____

Instructions: Please answer the questions below and submit with your packet to receive credit.

How did your wellness journey begin, and what inspired you to prioritize your well-being?

What specific goals or milestones have you set for yourself in your wellness journey?

Can you share some of the positive changes you've noticed in your physical health since starting your wellness journey?

Are there any particular challenges you've encountered along the way, and how have you overcome them?

What advice would you give to someone just starting their wellness journey or looking to make positive changes in their life?

Do you give Compass Health consent to share your story in the monthly newsletter?

Yes No