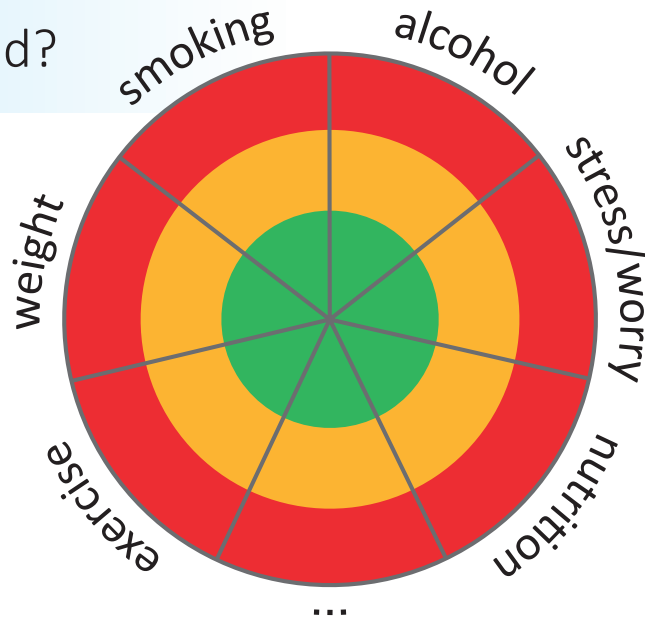


# My health

Where do I stand?



My topic: .....

Previous experiences?

Negative:

Obstacles (today):

Positive:

My strengths, support:

Scale 0 - 10

Scale 0 - 10

How confident am I to make the relevant change?

How prepared am I?

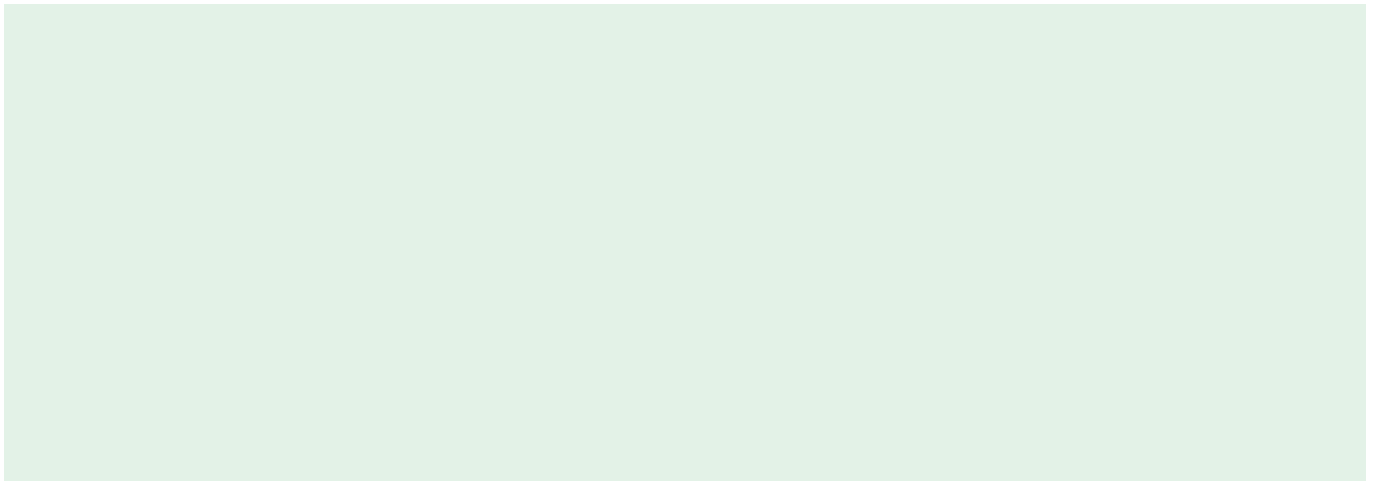
## My specific aim/target:

What? .....

Until when? .....

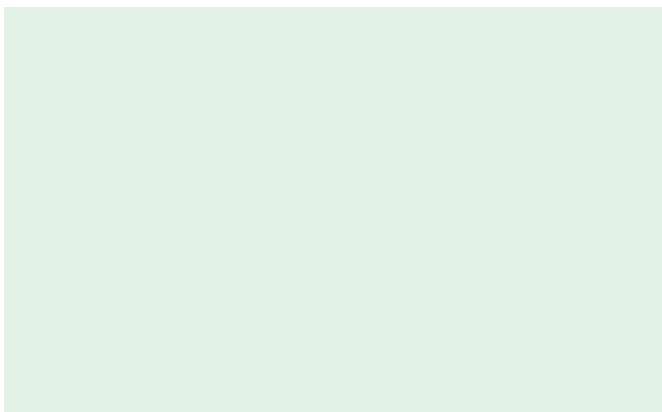
## My plan:

My specific steps:

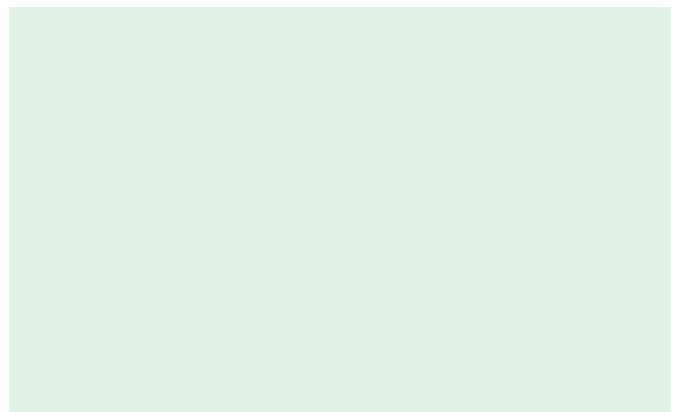


## My conclusion:

What have I achieved / not achieved?



What did I gain personally?



Congratulations for your completed project!

More information: [www.gesundheitscoaching-khm.ch](http://www.gesundheitscoaching-khm.ch)