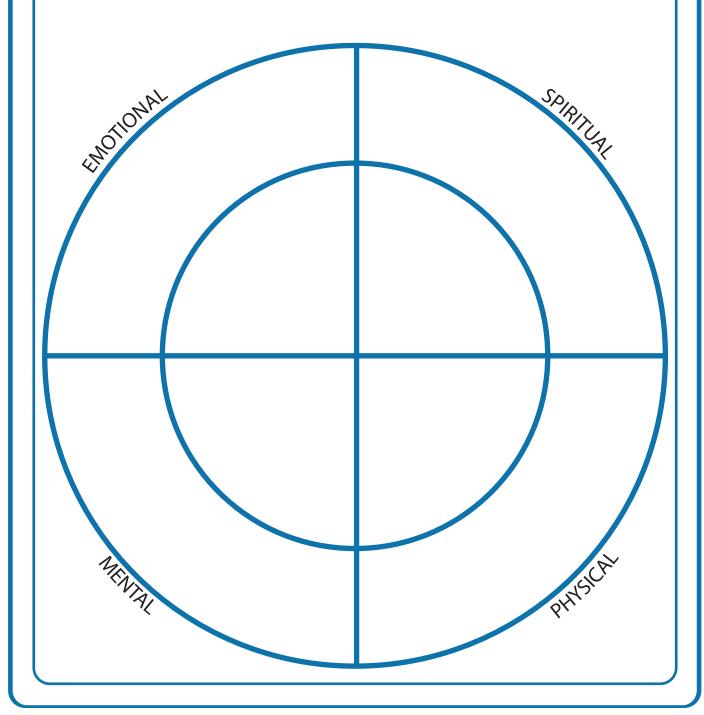
HOW WELL AM I?

In each direction, write down two things in each of the center quadrants that you currently do well and in the outer circle write down two things you would like to do better. A few examples are provided in each quadrant, you can write down other examples as well.



HOW WELL AM I? **EXAMPLES FOR EACH QUADRANT** SPIRITUAL EMOTIONAL I am OK with crying Pray everyday l am a gift Laugh more Talk to Someone Learn my language/culture Journal Like myself Understand my I believe in the emotions Creator I am connected to the land Respond in a mature way I am proud of my people Don't engage in social media drama I uplift others I don't use my emotions to manipulate others MENTAL PHYSICAL Read more Quit smoking See myself in the future Drink more water Make good decisions Exercise more Bead, paint, weave, craft Play less video games Learn from my Get more sleep mistakes each night I hang out with positive Play traditional games people Dance I take healthy risks Eat healthy meals I focus on gratitude