How to use ‘My Self-Reflection Worksheet’:

1. Read about the risk factors in this section of My Guide for Stroke Recovery.

2. For each risk factor, answer these 3 questions. Choose the number on the scale that best represents how you feel. Enter the numbers in the columns of your worksheet on the next page.

|  |
| --- |
| Is there room to improve in this area? |
| | |  1 2 3 4 5 6 7 8 9 10  Not at all somewhat a lot |

|  |
| --- |
| How motivated am I to improve this area? |
| | |  1 2 3 4 5 6 7 8 9 10  Not at all somewhat motivated very motivated |

|  |
| --- |
| How confident do I feel in being able to do this? |
| | |  1 2 3 4 5 6 7 8 9 10  Not at all somewhat confident very confident |

3. Review your answers. To decide which areas you would like to focus on, consider:

* What areas would benefit most from improvement?
* What are you most motivated to do?
* What actions are you most confident that you can do?

**My Self-Reflection Worksheet**

|  |  |  |  |
| --- | --- | --- | --- |
| **Risk Factor** | **Benefit from Improvement?** | **Motivation?** | **Confidence?** |
| *Example:  My Blood Pressure Management* | *9* | *10* | *4* |
| **My Blood Pressure Management** |  |  |  |
| **My Cholesterol Management** |  |  |  |
| **My Diabetes Management** |  |  |  |
| **Atrial Fibrillation Management** |  |  |  |
| **My Nutrition** |  |  |  |
| **Reaching a Healthy Weight** |  |  |  |
| **My Physical Activity** |  |  |  |
| **Sleep Apnea Management** |  |  |  |
| **Being Smoke-Free** |  |  |  |
| **Alcohol** |  |  |  |