

# LEVERAGE YOUR INVESTMENT IN YOUR HEALTH

## A 4-Part Webinar Series



1. What are my current health priorities? \_\_\_\_\_

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2. Do I have access to healthcare providers I trust? \_\_\_\_\_

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3. What steps can I take to improve my physical health? \_\_\_\_\_

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4. How does my mental health impact my daily choices? \_\_\_\_\_

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5. What free or low-cost health services are available in my area? \_\_\_\_\_

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6. What lifestyle changes can improve my long-term health? \_\_\_\_\_

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7. How does stress affect my health and decision-making? \_\_\_\_\_

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8. What role does nutrition play in my recovery and wellness? \_\_\_\_\_

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9. What support systems can I tap into for my health goals? \_\_\_\_\_

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10. How can I track my progress toward better health? \_\_\_\_\_

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11. How can I use my personal health journey to build confidence and leadership? \_\_\_\_\_

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12. What local resources offer help with addiction or substance recovery? \_\_\_\_\_

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13. How can I make my health a core part of my reentry success plan? \_\_\_\_\_

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14. What motivates me to take control of my health today?

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15. What barriers have I faced in managing my health, and how did I overcome them?

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16. Who can I reach out to for encouragement on my health journey?

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17. How does improving my health help me reach my long-term goals?

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18. What does 'health' mean to me personally?

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19. In what ways can I make healthier choices daily?

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20. How can I advocate for myself during doctor visits or health appointments?

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21. What are three healthy habits I can commit to this month?

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22. What role does sleep play in my mental and physical recovery?

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23. How can staying healthy support my employment and family responsibilities?

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