

The Oaks Wellness Model Introduction Worksheet



Welcome to The Oaks Wellness Community! We are a team of professionals dedicated to assisting others in their pursuit of living well. Our counselors and consultants provide information and guidance that can help lead you to an understanding of your worth, or value, as a person **AND** to the knowledge of what it means to be physically and mentally well.

This interactive e-course is designed to accompany you on your personal journey to worth and wellness, so let's get started!

Any journey worth taking begins with a reason for wanting to go. Why are you choosing to begin this journey now?

List one or two things you hope to learn or accomplish?

What may prevent you from reaching your goals?

Are you willing to invest the time and effort necessary in order to create the changes you desire at this time?

If your answer is **YES** (or even **I'LL TRY**), please begin the first video **NOW**. Simply follow the prompts, view the videos, and complete the activities along the way. The pages that follow are meant to be used as a guide for your journey. Get ready to feel encouraged and empowered!

You are **WORTH** it! Let's start right there. Do you believe you are worth it? Why or why not?

After listening to Coach Trevor, write one take away, one message, or one thing he suggested that you **will do**.

