HYP Health and Wellbeing Reflection

– Choose your own Mission

Our Mission

Mission Goal

List the healthy choices that will help you achieve your Mission. Think about your own personal choices and select if you do this *Always*, *Sometimes* or *Never*.

| What are healthy choices? | Always | Sometimes | Never |
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**My personal goal is:**

**What do I want to continue doing?**

**What do I find difficult? What would I like to change?**

**What would I like to learn more about?**