

Feeling Well Worksheet

If you haven't felt well recently, you can use a memory of a time or a place when you did feel well to help you complete this activity.

When do you feel well?

When you feel well, what else do you feel inside yourself?

When you feel well, what things are happening in your environment and your life?

When do you feel your best?

I feel best when I have...

I feel best when I do...

I feel best when I go to....

I feel best when I see...

I feel best when I hear...