

LivingAfterWLS

Quarterly Personal Self-Assessment: Am I Living after WLS?

The LivingAfterWLS “Quarterly Personal Self-Assessment” tool is a worksheet of questions we can ask ourselves in a sincere effort to assess our present state and make an action plan for the next three months. This worksheet should be used as a private tool with the intent to keep your eye on the goal. It is a contract with yourself; a contract of honor and self-respect because you deserve to treat yourself well and engage in appropriate long-term behaviors in pursuit of your healthiest life. Please accept this invitation to join me in the Quarterly Personal Self-Assessment. Take some quiet time to evaluate where you are and where you are going. Put your WLS goal back in sight. Pre-ops, Newbies and Old-timers can all use this tool. You can do this.

Date: _____

State of Emotion: _____

Weight: _____

State of Health: _____

One sentence personal assessment:

What was my original goal when I had WLS?

Have I met my goal? Has that goal changed?

How am I succeeding?

How can I improve?

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What barriers are preventing me from accomplishing my objective?

P=Personal, L=Lifestyle (circle one)

A=Accept, C=Correct (circle one)

P/L A/C _____

P/L A/C _____

P/L A/C _____

P/L A/C _____

P/L A/C _____

P/L A/C _____

Based on the assessment above I will:

The specific tools/methods I will use for my success are:

Will I enlist the help of others? Who/What:

My next appointment for self assessment is: _____

(Hint: Write this in your date book so you don't forget your commitment.)

I see myself on that date:

In solemn contract with myself I hereby agree to honor these commitments:

Signature

Date
