

# My Care Team



Many times, we experience barriers with our well-being goals. Sometimes, we can figure out how to adjust and overcome these barriers. Other times, we may need additional information or support.

What is one area of self-care where I might benefit from additional support...

I can get support from...

What keeps me from seeking additional support...

My next step to get the support I need is to do...

I need support in order to...