

Facilitators

	Applies to Me (yes or no?)	HOW much?		
		A little	Some	A lot
I am a motivated person				
My family is very supportive				
I have friends who are supportive				
My healthcare professional team is very supportive				
I try to do what I can to be healthy				
I have activities that I enjoy				
I have someone I can talk to about my health problems				

What else would apply to you?
