

'Define Healing' Worksheet

Some people like to establish priorities for healing to help them stay focused on their personal aspirations and well-being. It is important to remember that these goals are not always reached directly. Often you take a "few steps forward" and then a "few steps back" as you work to reach a goal.

What does healing mean to you?

What does healing mean for your child?

What would help to increase your well-being? Your child's?

What area of your child's life is most affected by illness or disability?

What are your priorities for your own health and well-being right now?

What would improve your child's health and well-being right now?