What are you doing when you're not sitting here with me?	Where do you find the most joy in your life?	What's on your mind today?
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Are these areas of your life a source of satisfaction, burden, or both?

Satisfact	Burden
My Family and Friends	$\bigcirc \bigcirc$
My Work	$\bigcirc \bigcirc$
My House & Neighborhood	$\bigcirc \bigcirc$
My Finances	$\bigcirc \bigcirc$
Free time, Relaxation, Fun	
Faith or Personal Meaning	$\bigcirc \bigcirc$
Being Active	$\bigcirc \bigcirc$
My Rest and Comfort	$\bigcirc \bigcirc$
My Emotional Life	$\bigcirc \bigcirc \bigcirc$
My Senses and Memory	$\bigcirc \bigcirc \bigcirc$
Eating Well	$\bigcirc \bigcirc \bigcirc$
<u>`</u>	J

## What are the things that your doctors or clinic have asked you to do to care for your health?

For example:

Come in for appointments

Take aspirin

## Do you feel that they are a help, a burden, or both?

$A_{help}^{A b_{ur_{de_{h}}}}$
$\bigcirc \bigcirc$

## Comments

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