

Self-Assessments and Checklists for Good Work Habits

I am ready to work.

Name: _____

Date: _____



I am listening and following instructions.



My materials are out and I am ready to learn.



My body is at a good energy level to get my work done.



I understand what I am supposed to be doing right now.



I am ready to do my best.



I am focused on the task or assignment.



Score out of 6 points

6

Checklist Self Help

Robert R. Redfield



Checklist Self Help:

Recovery Training and Self-help ,1993 **The Self-Help Reflexology Handbook** Sonia Ducie,2012-05-31 Reflexology is a complementary healing technique second only to aromatherapy in popularity The feet and hands are a map of the organs of the body Reflexology can be used to relieve symptoms and as a preventative health measure It involves applying pressure to reflex points on the hands and feet each point relating to a part of the body The book explains how easy it is to use reflexology techniques every day at home without a practitioner to enhance your health and well being Part 1 illustrates basic reflexology techniques and explains how to apply them Part 2 includes easy step by step routines especially devised to help improve confidence build strength relax increase vitality enjoy better sex boost metabolism and speed up detoxification Part 3 includes 22 common health problems such as headaches toothache backache travel sickness and panic attacks and provides techniques for dealing with them Devised with everyday health in mind this book has something for everyone

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