Wednesday, July 24, 2024

Mutual Wellness Accountability

**Wellness Resistance**

We all resist wellness, at least on some level and at some time. Social forces beyond our personal control limits our potential wellness.

This initiative aims to identify any barriers to wellness. Starting with each other.

**Wellness Critique**

I invite you to help me recognize where I am not being sufficiently responsive to needs; either to yours or to my own. I shall endeavor to help you see where you appear to be insufficiently responsive to such needs.

You can use this document to record where you see any room for improving our responsiveness to such needs. Or to identify impediments beyond our control. I also will be using my own copy of this form for such responsiveness.

**Negotiable Exchange**

Either one of us can send a copy of such observations to the other at any time. Then optionally agree to review them in person together.

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| **Observation notes:** | |
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