

Creating a Wellness Culture Fundamentals in Trauma Informed Care

Initial Reflective Questionnaire

1. What were your hopes when you first came into this work?
2. How do you feel today about your work?
3. In your work, what does success look like to you?
4. Do you believe what you do makes a difference?
5. What do you know you do well?
6. Do you celebrate the small successes?
How, and how often?
7. Where would you like to improve?
8. What is one thing you can do to start that improvement?
9. How do you balance work and personal life?
10. How do you build daily self- reflection into your routine to remain encouraged to get up and do it again?
11. What do these questions have to do with Trauma Informed Care? **(LOL)**

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Fundamentals in Trauma Informed Care

Monthly Self Check In

- A. How have I been feeling about my work over the past month?
(1-poor, 3 - ok, 5- great) **1 3 5**

Why?

- B. What part do I play in my satisfaction or dissatisfaction?

- C. What is out of my control?

- D. What is something I can do to enhance my level of satisfaction?

- E. List one success you had in the past month:

- F. Who will you share this success with?
(Success is infectious!)

- G. One thing I will add to my wellness commitment: