



# PERSONAL MOT 4U SERVICE REVIEW

NAME:

DATE:

Review your drawing and notes from the “MOT 4U” workshop to answer the questions and complete the following diagnostics for your “vehicle for well-being”. REMEMBER TO “SAVE” FILE!!

## Key Success Markers



Which parts of the car do you feel you are doing really well?

1.

2.

3.

## Key Focus Areas



Which parts of the car do you feel need attention?

1.

2.

3.

## Dashboard Warnings



What are your “signs” that things aren’t quite right?

1.

2.

3.

## Additional Notes



What else are you noticing about your vehicle?

1.

2.

3.



# PERSONAL MOT 4U SERVICE REVIEW

NAME:

DATE:

Continue to review your reflections to build your on-going maintenance plan.  
Rate your overall well-being and set a date for future review. REMEMBER TO "SAVE" FILE!!

## Continued Success

## Activations

## Support

## Remedies



How will you keep the "good bits" going?



What will you do about the areas needing attention?



What help might you need for your plans?



What will you do if you notice your warning signs flashing?

1.

1.

1.

1.

2.

2.

2.

2.

3.

3.

3.

3.

### FINAL CHECKS:

Confirmed successful parts

Highlighted attention needed areas

Identified warning signs

Planned on-going adjustments

### REVIEW PLAN:

When will I next review this?

What do I want to be saying on that date?

### Overall self-assessment (circle):

1 = Seek support    7 = Best for me

1    2    3    4    5    6    7