

What I do that gives my life meaning and purpose, and how it helps me:

What challenge will this Personal Medicine help with?

I will use this Personal Medicine when:

fold
poly

Is my Personal Medicine powerful?

- Is it a specific activity, not a feeling or state-of-being? Yes No
- Is it something I do now, not a future goal? Yes No
- Is it something I do, not something I take? Yes No
- Does it say how it helps me? Yes No

I will share my Personal Medicine with:



What I enjoy doing on a daily basis and how it helps me:

What challenge will this Personal Medicine help with?

I will use this Personal Medicine when:

fold
poly

Is my Personal Medicine powerful?

- Is it a specific activity, not a feeling or state-of-being? Yes No
- Is it something I do now, not a future goal? Yes No
- Is it something I do, not something I take? Yes No
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I will share my Personal Medicine with: