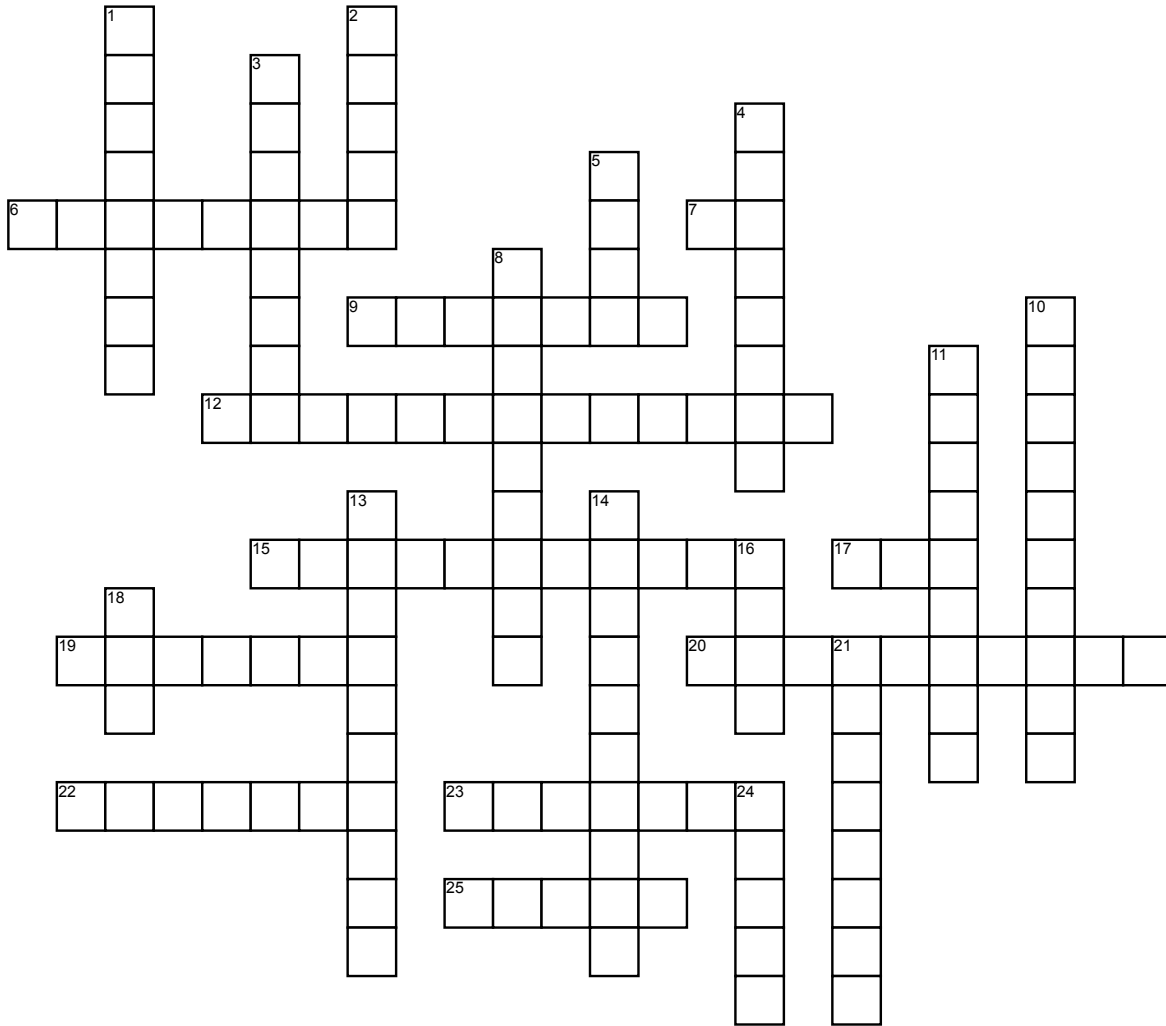


7 Components of Health



Across

- 6. A SMART goal must be _____.
- 7. You should say a direct "_____" when you don't want to do something.
- 9. Show a _____ of influences in analyzing information.
- 12. Self Management is _____ good habits and strategies.
- 15. Its good to have good _____ skills.
- 17. What step of decision making is describing the decision or problem?
- 19. You show how how they affect your _____.
- 20. Explain _____ in analyzing information.
- 22. Clearly _____ your needs, ideas, and opinions.

- 23. Monitor progress and make needed _____.
 - 25. There's _____ steps in decision making.
- Down**
- 1. You need to _____ your sources of information in accessing information
 - 2. Advocacy is taking a clear _____ for a healthy choice.
 - 3. Step 6 is to act on your ideas in decision making, what is step seven?
 - 4. Responding to _____ is interpersonal communications.
 - 5. You should _____ bad ideas you don't want to do.
 - 8. Its key to have good _____ skills.
 - 10. There's lots of _____ in accessing information.

- 11. Show _____ for a stand you believe in.
- 13. Being _____ is a part of Advocacy.
- 14. Internal _____ is based off of values and beliefs.
- 16. You need to explain why your source is a _____ source.
- 18. Avoid asking _____ questions.
- 21. Having good management skills has _____ impact.
- 24. _____ is an acronym in goal setting.