

## Whole Life Operating System (WLOS) Overview for Physicians

### **Purpose:**

The Whole Life Operating System (WLOS) is a comprehensive framework designed to help patients take control of their health and well-being by aligning their daily actions with their long-term aspirations and core values. By providing structure, clarity, and practical tools, WLOS supports individuals in making sustainable, meaningful changes that lead to healthier and happier lives.

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### **Key Components:**

- **Identifying Core Values**

Patients begin by identifying the core values that define what is most important to them in life. These values serve as a guiding compass for all future decisions and actions. By recognizing their core values, patients can better understand the direction they want their health and life to take.

- **Aspirations and Outcomes as Milestones**

Once core values are identified, patients are encouraged to set aspirations—long-term goals that represent the steps toward embodying those values. These aspirations are more than just desires; they are clear, motivating milestones that help patients stay focused on what truly matters to them.

- **Connecting Behaviors to Aspirations and Outcomes**

With aspirations in place, patients then identify the specific behaviors that will bring them closer to their goals. These are the actionable steps that align with their long-term aspirations and ultimately lead to the embodiment of their highest core values. Each behavior is carefully chosen to ensure it effectively supports progress toward a healthier, more fulfilling life.

- **Making Behaviors a Reality**

The last step is learning the strategies that make these proposed behaviors sustainable and achievable. This process starts with addressing the mindsets necessary for change. Then WLOS draws on behavior change science to help patients develop small, actionable steps they can integrate into their daily routines. Techniques such as Tiny Habits are used to break down larger goals into manageable, consistent actions, ensuring that patients can stick to their commitments without feeling overwhelmed.

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### **What WLOS Does for Patients:**

- **Aligns Actions with Purpose**

WLOS helps patients align their daily actions with their core values, ensuring that every step they take is meaningful and purposeful. This creates a powerful sense of direction and motivation, leading to healthier habits and more intentional living.

- **Supports Sustainable Change**

By focusing on small, actionable behaviors that align with long-term aspirations, WLOS



promotes lasting change. Patients can make gradual improvements that compound over time, making it easier to maintain healthier habits in the long run.

- **Empowers Patients to Take Ownership of Their Health**

WLOS shifts patients from a reactive approach to health (focused solely on treating symptoms) to a proactive one, where they take control of their well-being by aligning their actions with their values. This empowerment fosters a deeper connection to their health journey and motivates them to stay committed to their goals.

- **Encourages Resilience in the Face of Setbacks**

As patients work toward their future selves, they will inevitably face challenges. WLOS prepares them to navigate these obstacles with strategies for staying committed to their aspirations, ensuring that setbacks don't derail their progress.

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**Benefits to Physicians:**

- **Increased Patient Engagement**

WLOS helps patients clarify their long-term health goals and motivations, making them more engaged in their care. This increased engagement often leads to improved adherence to treatment plans and better health outcomes.

- **Holistic Approach to Health**

WLOS addresses not just physical health but also emotional and mental well-being, encouraging patients to take a more holistic approach to their health. This results in a more comprehensive and sustainable path to long-term health.

- **Improved Chronic Disease Management**

For patients managing chronic conditions, WLOS offers a structured approach to creating and maintaining healthier behaviors. By aligning their daily actions with their long-term goals, patients are better equipped to manage conditions such as diabetes, hypertension, and obesity.

- **Focus on Preventive Care**

WLOS encourages patients to take proactive steps in managing their health, focusing on long-term prevention rather than just reacting to illness. By aligning their behaviors with core values and aspirations, patients are more likely to make healthier choices that prevent future health problems.

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