

MY HEALTH & WELLBEING

Key Areas of Wellness



ENVIRONMENT

Our physical surroundings.

Are my home and work environments healthy, comfortable and safe? Do I have a place where I can relax?



NUTRITION

Eating whole, non-processed foods.

How much processed food do I eat vs. whole foods? Do I eat out or cook most often? Do I eat appropriate portions? What do I drink?



MOVEMENT

Regular physical activity.

How active am I throughout the day? How often am I moving vs. sedentary? Do I do physical activity that I enjoy?



SLEEP

Consistently getting adequate restful sleep.

How much sleep do I get on average? How rested do I feel? Do I fall asleep easily and stay asleep?



RELATIONSHIPS

Interacting respectfully with ourselves & others.

Do I surround myself and interact with people that have a positive impact on me? Do I have healthy, loving relationships with others and myself?



SPIRITUALITY

Values and beliefs about ourselves & the world.

What is my purpose and meaning in life? Do I know what my values are and live by them?



RESILIENCY

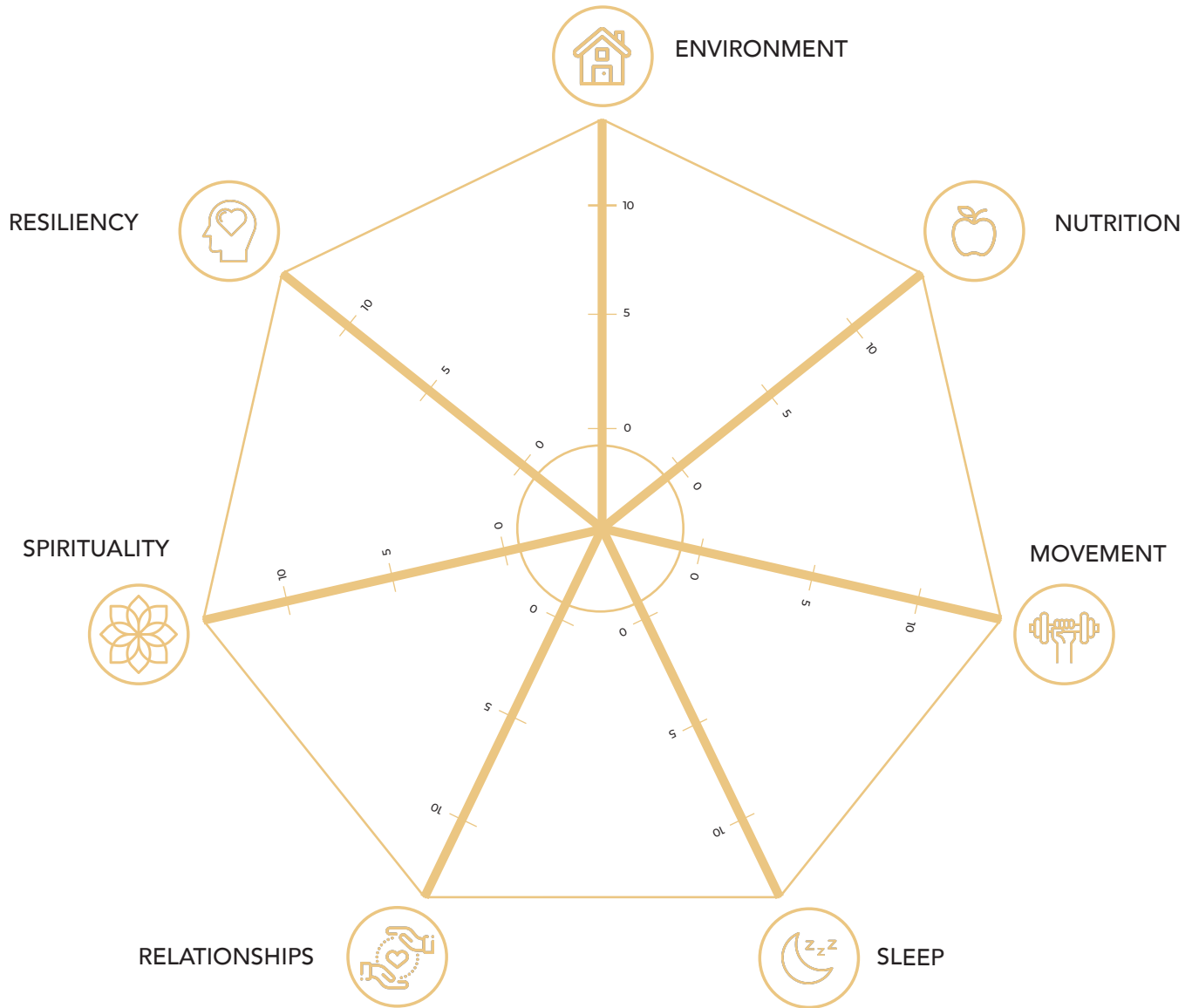
Practicing stress protective activities.

How much stress do I have in my life? Do I regularly do things to reduce my stress like having fun or relaxing?

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Satisfaction Scale

Based on your current state, today, please rate your satisfaction with the following areas of your life.



Prioritize

List areas you ranked 4 or less

Improve

List areas you ranked 4-7

Maintain

List areas you ranked 8-10

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Vision MAP

This is an exercise in exploration of your hopes for the future – your MAP (Mission, Aspirations, Purpose) for your health and wellbeing. Mission and Purpose means living your life connected to deeply important personal values. Purpose is important, as it gives direction, energy and helps us with coping/resilience during difficult times. Allow yourself time to ponder and jot down your thoughts to these questions.

*“When your values are clear to you,
making decisions becomes easier.”*

Roy Disney

Identify what you truly love in life and how you want to be in life.

Consider beginning with I love to do... I love to be... I love to feel...

What is your mission or purpose in life?

What is most important to me? What kind of person do I want to be? What do I take pride in? What do I want the legacy of my life to be? What is my life about?

What are your aspirations in life?

What are your dreams in life? What do you aspire to be/do/achieve?

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Core Values

What are your top core values? Core values are your foundational beliefs that anchor your life and guide your decisions. They are ways to think and act that are more important to you than anything else. Choose as many or as few as you'd like.

Acceptance	Curiosity	Freedom	Openness	Serenity
Accomplishment	Daring	Friendliness	Optimism	Service
Accountability	Decisiveness	Friendship	Order	Sharing
Accuracy	Dedication	Fun	Organization	Silliness
Achievement	Dependability	Generosity	Originality	Simplicity
Adaptability	Determination	Gratitude	Passion	Sincerity
Adventure	Devotion	Growth	Patience	Skill
Aesthetics	Dignity	Happiness	Peace	Spirituality
Ambition	Diligence	Harmony	Perceptiveness	Spontaneity
Appreciation	Directness	Health	Perfection	Stability
Assertiveness	Discipline	Helpfulness	Perseverance	Status
Attentiveness	Discovery	Heroism	Persistence	Stewardship
Awareness	Diversity	Honesty	Persuasiveness	Strength
Balance	Drive	Honor	Philanthropy	Success
Beauty	Duty	Hopefulness	Playfulness	Sympathy
Benevolence	Education	Hospitality	Pleasure	Synergy
Boldness	Efficiency	Humility	Power	Teamwork
Bravery	Elegance	Humor	Precision	Thankfulness
Brilliance	Empathy	Imagination	Preparedness	Thoroughness
Calmness	Encouragement	Independence	Privacy	Thoughtfulness
Camaraderie	Energy	Innovation	Professionalism	Timeliness
Candor	Enjoyment	Insightfulness	Prudence	Tolerance
Capability	Entertainment	Inspiration	Punctuality	Tranquility
Change	Enthusiasm	Integrity	Purposefulness	Transcendence
Charity	Equality	Intelligence	Rationality	Trustworthiness
Cheerfulness	Excellence	Intuitiveness	Reason	Truth
Cleanliness	Excitement	Joy	Reflection	Understanding
Collaboration	Experience	Justice	Regularity	Uniqueness
Commitment	Expertise	Kindness	Reliability	Unity
Compassion	Exploration	Knowledge	Resilience	Vision
Competence	Expressiveness	Leadership	Resolution	Vitality
Concentration	Extroversion	Learning	Resourcefulness	Warmth
Confidence	Fairness	Liberty	Respect	Willfulness
Conformity	Faith	Logic	Responsibility	Wisdom
Consistency	Faithfulness	Love	Responsiveness	Wittiness
Contentment	Family	Loyalty	Sacrifice	Zeal
Cooperation	Fearlessness	Maturity	Security	
Courage	Fidelity	Mindfulness	Self-control	
Courtesy	Fitness	Modesty	Self-discipline	
Craftiness	Flexibility	Motivation	Self-reliance	
Creativity	Focus	Open-mindedness	Sensitivity	

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Vision MAP

Why do you want to be healthy or healthier? How does this connect to your Vision MAP?

I want to be healthy because... Being healthy allows me to....

What do you do now to take care of yourself? (Give yourself credit for what you already do!)

I take care of myself by...

Identify reasons why optimizing self-care will enhance your health and ability to do the things you love in life and want to do. Let yourself understand what motivates you to take good care of yourself. Visualize how taking good care of yourself will impact your health and ability to do the things you love.

The reason I want to take good care of myself is so I can... so I feel...