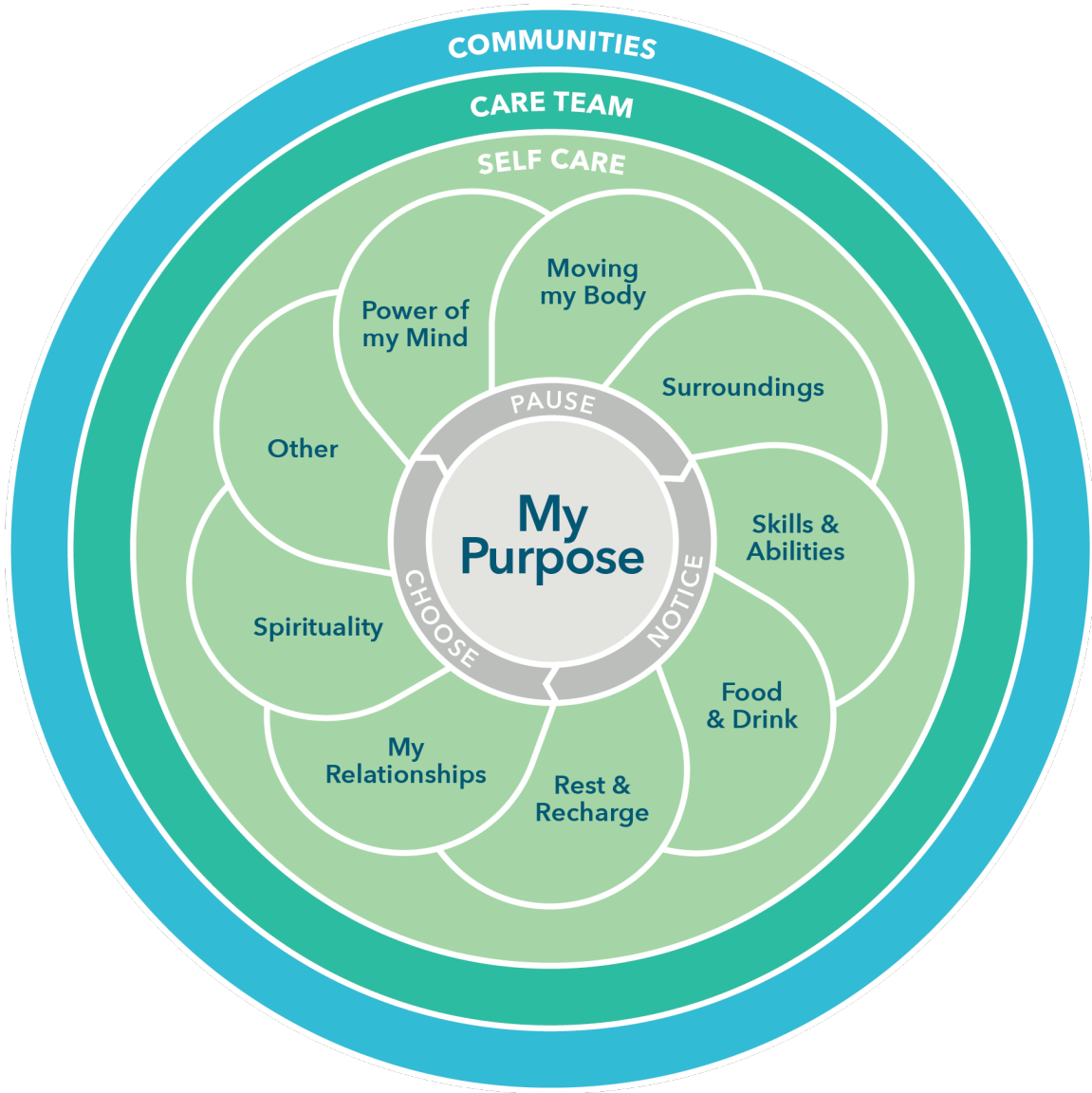


SESSION 1

THE CIRCLE OF HEALTH AND WELL-BEING



MY PURPOSE + **SELF CARE** + **CARE TEAM** + **COMMUNITIES** = **whole health**

A HEALTH AND WELL-BEING REFLECTION TOOL (HRT)



My Purpose, My Whole Health

A Health and Well-Being Reflection Tool

This reflection tool helps you to explore your life’s purpose - what really, truly matters to you - and then align your health and well-being choices around it.

1. PAUSE: Pause for a moment. Take a deep breath or two to settle in... Often our greatest insights come when we are unplugged and not thinking!

2. NOTICE: We often don’t take the time to check in with ourselves and consider our life’s purpose. Consider these key questions to begin to explore your purpose:

What really, truly matters to me...right now?

What really, truly matters to me in the long run? What is my purpose?

Now, take a moment and notice how are you doing. Rate where you feel you are on the scales below from 1-5, with 1 being miserable and 5 being great.

Physical Well-Being				
1	2	3	4	5
Miserable				Great
Mental/Emotional Well-Being				
1	2	3	4	5
Miserable				Great
Spiritual Well-Being				
1	2	3	4	5
Miserable				Great
Life: How is it to live your day-to-day life?				
1	2	3	4	5
Miserable				Great



WHERE YOU ARE AND WHERE YOU WOULD LIKE TO BE

For each area below, consider where you are now and where you would like to be. In the “Where you are” box, briefly write the reasons you chose your number. In the “Where you want to be” box, write down some changes that might make this area better for you. You do not have to write in every area or in all the areas at one time. You might want to start with the easier ones and come back to the harder ones. It is OK just to circle the numbers.

<p>Moving the Body: (<i>Stamina, balance, flexibility</i>) Your body was designed to move. While you may have limitations, give some thought to how it feels to be able to move your body.</p>	
<p>Rate where you are now on a scale of 1 (low) to 5 (high)</p> <p>1 2 3 4 5</p>	<p>Where would you like to be?</p> <p>1 2 3 4 5</p>
<p>What are the reasons you chose this number?</p>	<p>What changes could you make to help you get there?</p>

<p>Rest and Recharge: (<i>Sleep, Relaxation, Fun</i>) Resting and recharging your body and mind are so important to feeling good, including both getting restorative sleep and doing things that give you energy during the day.</p>	
<p>Rate where you are now on a scale of 1 (low) to 5 (high)</p> <p>1 2 3 4 5</p>	<p>Where would you like to be?</p> <p>1 2 3 4 5</p>
<p>What are the reasons you chose this number?</p>	<p>What changes could you make to help you get there?</p>

<p>Food and Drink: (<i>Fueling and Nourishing</i>) So much of our life is impacted by what and how we eat and drink. For example, energy, mood, weight, how long you live, and overall health are all impacted by what food and drinks you put in your body.</p>	
<p>Rate where you are now on a scale of 1 (low) to 5 (high)</p> <p>1 2 3 4 5</p>	<p>Where would you like to be?</p> <p>1 2 3 4 5</p>
<p>What are the reasons you chose this number?</p>	<p>What changes could you make to help you get there?</p>

<p>Skills and Abilities: (<i>Doing, Being, Growing</i>) Your work, personal activities (e.g., job, school, finances, hobbies), and personal characteristics can have a big effect on your outlook on life. Consider your career choices, hobbies, daily activities, and financial plans, as well as qualities you want to develop such as being more grateful, finding more peace and ease, or having more fun in your life.</p>	
<p>Rate where you are now on a scale of 1 (low) to 5 (high)</p> <p>1 2 3 4 5</p>	<p>Where would you like to be?</p> <p>1 2 3 4 5</p>
<p>What are the reasons you chose this number?</p>	<p>What changes could you make to help you get there?</p>

<p>My Relationships: (<i>Family, Friends, Others</i>) Your relationships with co-workers, family members, friends (including pets), and others can either be a source of joy and energy in your life - they can fulfill you or they can deplete you.</p>	
<p>Rate where you are now on a scale of 1 (low) to 5 (high)</p> <p>1 2 3 4 5</p>	<p>Where would you like to be?</p> <p>1 2 3 4 5</p>
<p>What are the reasons you chose this number?</p>	<p>What changes could you make to help you get there?</p>

<p>Spirituality: (<i>Finding Meaning, Connecting</i>) Spirituality can mean different things to different people. Connecting with someone or something bigger than yourself can provide a greater sense of meaning, purpose, and/or well-being.</p>	
<p>Rate where you are now on a scale of 1 (low) to 5 (high)</p> <p>1 2 3 4 5</p>	<p>Where would you like to be?</p> <p>1 2 3 4 5</p>
<p>What are the reasons you chose this number?</p>	<p>What changes could you make to help you get there?</p>

<p>Surroundings: (<i>Physical and Emotional</i>) Your surroundings, both physical and emotional, can either fuel you or drain you. Consider how comfortable or safe your surroundings make you feel.</p>	
<p>Rate where you are now on a scale of 1 (low) to 5 (high)</p> <p>1 2 3 4 5</p>	<p>Where would you like to be?</p> <p>1 2 3 4 5</p>
<p>What are the reasons you chose this number?</p>	<p>What changes could you make to help you get there?</p>

<p>Power of the Mind: (<i>Relaxing, Healing, Focusing</i>) Our minds are incredible. They can help us feel good and at ease or can add to our stress and suffering. Our minds can help buffer us from our life circumstances, protecting us from the impact of stress, or they can magnify the impact of the stress.</p>	
<p>Rate where you are now on a scale of 1 (low) to 5 (high)</p> <p>1 2 3 4 5</p>	<p>Where would you like to be?</p> <p>1 2 3 4 5</p>
<p>What are the reasons you chose this number?</p>	<p>What changes could you make to help you get there?</p>

Optional: Another Area in My Life: There may be another aspect of life or area of your self-care that you want to add that doesn't seem to fall into one of the other areas of health listed above. If so, add it here: _____	
Rate where you are now on a scale of 1 (low) to 5 (high) 1 2 3 4 5	Where would you like to be? 1 2 3 4 5
What are the reasons you chose this number?	What changes could you make to help you get there?

MY CARE TEAM

Notice who is currently part of your care team. When thinking about the areas of self-care that you found important, would you add others to your care team (e.g., clinicians, coaches, instructors, partners, groups, etc.)?

COMMUNITIES

You are part of many communities - both the ones you choose to be in and the ones that you don't. When you reflect on these communities, what do you need or want from them? What might they need or want from you? How do you give back to them?

CHOOSE: THE *CHOICE* IS YOURS.

Reflect on how you rated yourself. Did anything surprise you? What area or areas are you most drawn to? It doesn't matter what you think you "should" focus on - this is about what you *WANT* to focus on. Take a moment and pause. Is there one small step you could take in that area today? How would this change support your life's purpose...today or in the long run?

This tool helps you pause and notice so you can make conscious choices that are grounded in *YOU*, and *YOUR PURPOSE*. Using this tool every month or so is a great way to help you notice what has changed and to keep making the choices that work best for you. It may be helpful to share your ideas with a friend, family member, or someone on your Care Team.

This reflection process is the foundation of creating a whole health plan to living your purpose.