



## Six Pillars of Total Health Blueprint

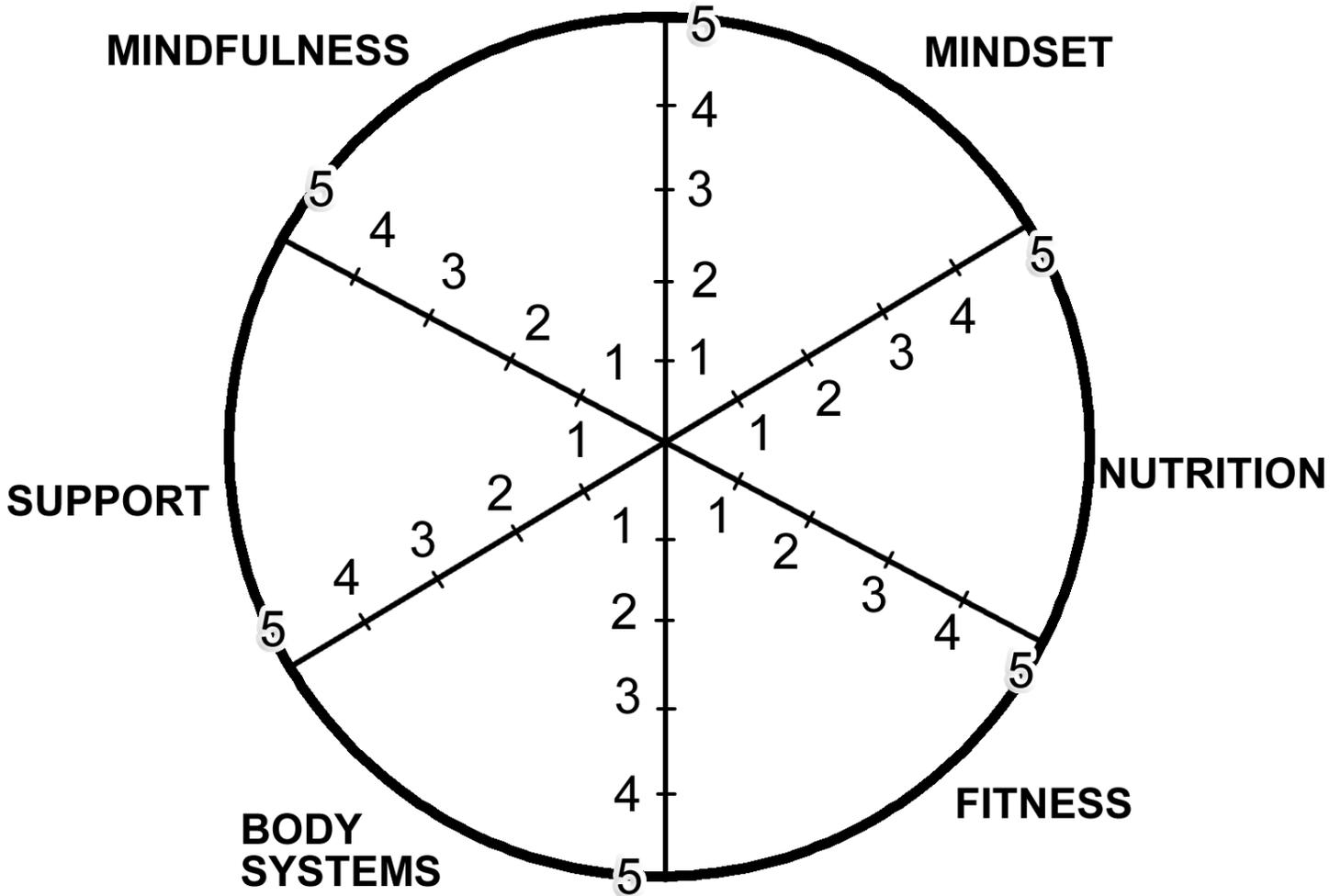
1. Review the Six Pillars on the Wheel of Health (on the next page). When filled out, the wheel is meant to create a view of balanced health and happiness for you, and clearly demonstrate which Pillars need the most focus and attention giving you a blueprint of exactly where to get started to create your own sustainable healthy lifestyle. Is your wheel moving you forward or rolling you backward?
  - MINDSET (LANGUAGE, THOUGHTS, EMOTIONS)
  - NUTRITION
  - FITNESS
  - BODY SYSTEMS (SLEEP, ELIMINATION)
  - SUPPORT (ACCOUNTABILITY, MOTIVATION, CELEBRATION)
  - MINDFULNESS (PAYING ATTENTION WITH INTENTION)
2. What does it feel like for YOU to be successful in each of these areas? Really take some time to think about your answers, and be very specific so that you know exactly what you are working towards and will recognize it when you get there.
3. Rank your current level of satisfaction HONESTLY with each Pillar to Total Health by drawing a line across each segment using the scale from 1 to 5 that indicates where you think you are right now (1 = very dissatisfied and 5 = fully satisfied). This is meant to show a clear picture of how happy you currently are with each Pillar of health in your life.
4. The new perimeter of the circle represents your current 'Wheel of Total Health'...Is it a bumpy ride?

Now, looking at the wheel, let's take this a little deeper and really get CLEAR on YOUR blueprint:

1. Are there any surprises for you?
2. How do you feel about your health and your life as you look at your wheel?
3. How do you currently spend time in these areas?
4. How would you like to spend time in these areas?
5. Which of these elements would you most like to improve?
6. How \*specifically\* could you make space for these changes?
7. Can you effect the necessary changes on your own?
8. What help and cooperation from others might you need?
9. What would make each of the Six Pillars a score of 5 for YOU?
10. What would a score of 5 look and FEEL like in your life AS SPECIFICALLY AS POSSIBLE?



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EXAMPLE WHEEL

