

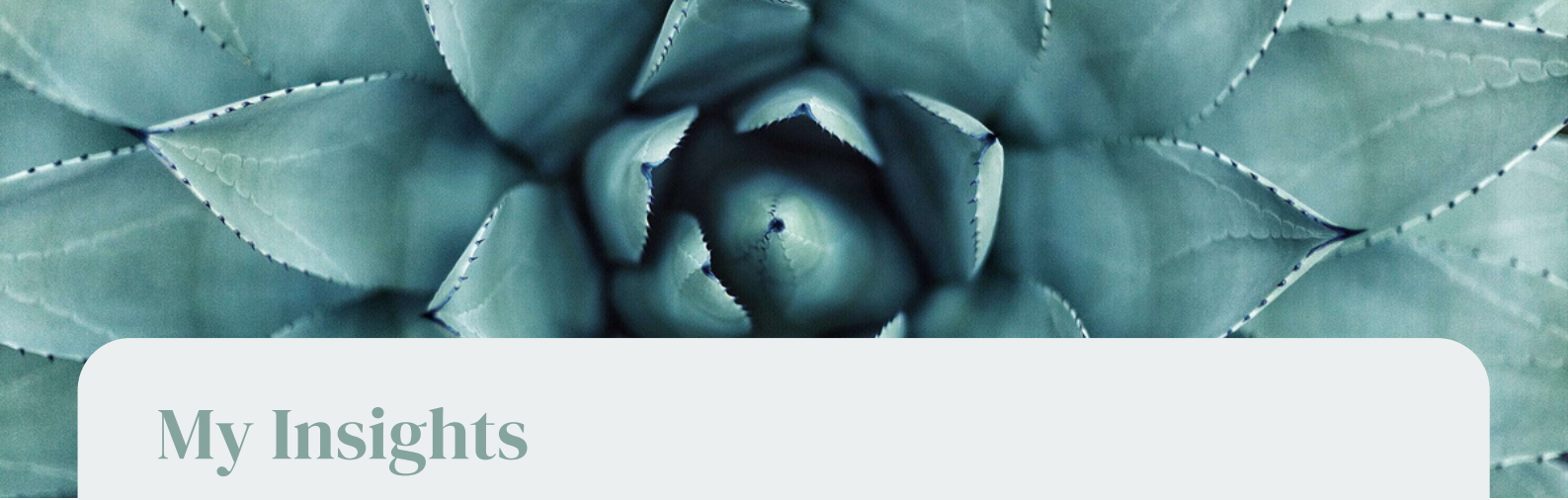


My Health Wisdom

We are delighted you've taken the journey with us to improve your health.

To enhance your experience and health post program, we invite you to take some time to reflect on the following questions.

This reflection is your own and you will not be asked to share your responses unless you wish to do so. Feel free to take these questions and place answers into your own private journal.



My Insights

Taking the time to consolidate your learning is important for future you. Knowing what you were doing when things were going well can help you course-correct if you need to in future.

Celebrate your wins!

What are you most proud of achieving health wise in the last 6 months?

What got in the way?

What were any barriers or obstacles that got in the way of your healing?

Stop - Start - Continue Exercise

If your health is de-railed in anyway in the future, what things could you **stop** doing, **start** doing or **continue** doing that you know are good for your body and healing? What were you doing when you were feeling at your best that you could start doing more of again?

STOP

START

CONTINUE

Health Vision

Behavioural science tells us that having an emotive vision that connects us to our values and motivators, has the power to enhance wellbeing, hope and even life satisfaction. Not to mention being a powerful adjunct to the health priorities your MFM treatment plan is focusing on.

So then, what is a health vision? A health vision is a clear written statement or strong visual image of your future state of wellbeing that: you wish to experience, you can envisage yourself enjoying and that excites you to live life as the best version of you!

Uncovering your vision

There is no one way to write a vision however we have provided some thought starters overleaf. One important aspect is to write it in the present tense, that is, as if you are already experiencing it.

Before you turn over, allow yourself to daydream as vividly as you can. Imagine yourself 5 years from now.

- How old will you be? What do you wish to be experiencing from life?
- What does your health look like? What words come to mind?
- Imagine what you are enjoying and feeling in any given day?
- How is this best version of you positively impacting those around you?
- What is it allowing you to do?
- What goals can you now go forth and achieve?

...and why is all of this so important to you?

Health vision examples:

"I am confident to say no more and respect my boundaries. I enjoy the things that lift me up, like bike riding, and am making time everyday to play guitar and journal. I enjoy drinking only once a week and am happy at work functions drinking mocktails or soda water when I don't feel like drinking alcohol. I am being a better friend and parent by spending more time being truly 'with' my kids. When I face challenges I am kind on myself, I pause, collect myself and take small steps again to get back on track."

"I have healthy eating habits and enjoy a variety of colourful, fresh food. I feel light, mentally sharp and full of energy. This means I am delaying ageing so I can stay active in my older years. I look better and more youthful and this means I have more confidence. I work hard at this by planning my food choices in advance, enjoy my weekly Latin dance class and daily morning walks. If I get stuck I look at this vision and remember to make the most of this one precious life."

My Health Vision

A compelling vision focuses on what you DO want, as opposed to avoiding what you don't want. It is written in the present tense.

Spend some quiet time to reflect on your vision and really embody the feeling as if you are already living it!

I am

I feel

This allows me to

And this is important to be because

If these things get in the way

I will then

Self-Reflection Questionnaire

Values

Circle the top 5-10 traits, qualities and virtues listed on the right that you most value.

Given what you have circled, what you would consider to be your top 3 values?

- 1.
- 2.
- 3.

Is there any thing you'd like to add to your life to better live these values?

Is there anything you'd like to remove or change from life to better reflect these values?

How will optimising your health enhance your ability to live your values?

FREEDOM	ORDER
POWER	CREATIVITY
LEARNING	RESPONSIBILITY
ADVENTURE	LOYALTY
ACHIEVEMENT	BELONGING
ENERGY	FUN
WEALTH	HEALTH
WISDOM	MEANINGFUL WORK
GENEROSITY	FRIENDSHIP
RECOGNITION	COOPERATION
INNER PEACE	FAMILY
INTEGRITY	CULTURE
AUTHENTICITY	SPIRITUALITY
BEAUTY	JUSTICE
.....

Self-Reflection Questionnaire

Energy

 ENERGY BOOSTERS I experience the following energy boosters in my life: (circle)	 ENERGY DRAINS I experience the following energy drains in my life: (circle)
Healthy sleep	Poor or insufficient sleep
Regular exercise	Too little exercise/movement
Healthy eating habits	Unhealthy eating habits
Recharging my mind + body regularly	Too much stress or pressure
Maintain a good physical health	Physical health issues
Healthy mindset	Pessimism, rumination or emotional challenges
Healthy school relationships	School relationship challenges
Healthy personal relationships	Personal relationship challenges
Healthy finances	Financial challenges
Hobbies, activities, fun or flow	Limited activities where I 'lose track of time'
Time in nature	Too much time inside

What are two things you could shift in your week to include more energy boosters?

Self-Reflection Questionnaire

Strengths

Take the VIA Character strengths survey here:

<https://www.viacharacter.org/>

List out your top 5 strengths, also known as your signature strengths:

- 1.
- 2.
- 3.
- 4.
- 5.

Science shows that general wellbeing is enhanced the more you can use your strengths in everyday life. Reflect on the ways you use your strengths in work, life and play:

How could you use your strengths to make the most of your commitment to good health:

Self-Reflection Questionnaire

Identify your saboteurs

Saboteurs are the voices in your head that generate negative emotions in the way you handle life's everyday challenges.

They represent automated patterns in your mind for how to think, feel, and respond. They sabotage your performance, wellbeing, and relationships.

When you can identify and label your saboteur they start to lose their power over you.

Discover yours today:

<https://www.positiveintelligence.com/saboteurs/>



What are your dominant saboteurs?

What did you learn about yourself in taking this quiz?

How could your saboteur be stopping you from making the most of your commitment to good health:

If you wish to explore any of these elements further please feel free to speak with your health coach!