

3-DIMENSIONAL Health Audit

DEFINE:

★ What's YOUR definition of health and healthy? (THINK: Health is 3 Dimensional. It's Physical, Mental, and Social-Emotional). Use the space below.

TAKING IT FURTHER:

★ I know I am PHYSICALLY healthy when:

★ I know I am MENTALLY healthy when:

★ I know I am SOCIALLY & EMOTIONALLY healthy when:

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AWARENESS: (Scale of 1-10: 1 = Not-So-Great, 10 = Amazing!)

★ Currently I feel that I would 'score' myself as a _____ when it comes to my Physical Self-Care

★ Currently I feel that I would 'score' myself as a _____ when it comes to my Mental Self-Care

★ Currently I feel that I would 'score' myself as a _____ when it comes to my Social/Emotional Self-Care

INFLUENCE:

List ONE example of something you can do RIGHT NOW/ (think: baby step) that would yield you a +1 in the direction of peace, happiness, and freedom in each of these areas. (PMS):

★ What's an example of +1 when it comes to influencing your Physical Brain (My Body Brain)?

★ What's an example of +1 when it comes to influencing your Mental Brain: (My Mind Brain)?

★ What's an example of +1 when it comes to influencing your Social/Emotional Brain (My Female Mammal Brain)?