

The Model for Healthy Living

Circle the number on the wheel that best describes your satisfaction in each of these areas in your life (1 = unsatisfied, 10 = completely satisfied). Connect the circles. What areas would you like to improve?



Faith Life

Building a relationship with God, your neighbors and yourself.

1 2 3 4 5 6 7 8 9 10



Medical

Partnering with your health care provider to manage your medical care.

1 2 3 4 5 6 7 8 9 10



Movement

Discovering ways to enjoy physical activity.

1 2 3 4 5 6 7 8 9 10



Work

Appreciating your skills, talents and gifts.

1 2 3 4 5 6 7 8 9 10



Emotional

Managing stress and understanding your feelings to better care for yourself.

1 2 3 4 5 6 7 8 9 10



Nutrition

Making smart food choices and developing healthy eating habits.

1 2 3 4 5 6 7 8 9 10



Family & Friends

Giving and receiving support through relationships.

1 2 3 4 5 6 7 8 9 10