

# THE MODEL FOR HEALTHY LIVING

## User Guide



“Heal me, O LORD, and I shall be healed; save me, and I shall be saved; for you are my praise.”

—Jeremiah 17:14

**T**he Model of Healthy Living reflects that true wellness is not just your body but also about the interconnectedness of body and spirit in the ways that you live.

The Model for Healthy Living recognizes the particular challenges of balancing seven key dimensions of life. These set of tools provides the opportunity to pause and assess wellness and reflect on ways to support a healthy life.

*\*Direct links to the Model for Healthy Living documents are underlined in green*

### 1. Begin with a quick self-assessment

Use [Model for Healthy Living Wheel](#) to capture your responses for each of the seven key dimensions (Faith Life, Medical, Movement, Work, Emotional, Nutrition and Family & Friends).

Evaluate each of the seven areas of your life, keeping in mind that no one area is more important to balanced living than any other.

Circle the numbers on the Model Wheel to indicate how satisfied you are that each area is in balance with the rest of your life. 1= least satisfied and 10 = most satisfied.

Once completed, connect the circles.

Do you see any areas you would like to improve?

### 2. Move to and through Values, Dreams & First Steps

Use [My Model for Healthy Living 7 Worksheets, Values and First Steps Tool](#) to learn more about your personal values for each seven dimensions.

Learn what your dreams for each dimension hold.

Reflecting on personal values helps to create and make connections with practical goals that move us towards lasting positive health habits.

A first step should start you on your path towards your dream, but begin with a first step that is practical, specific and realistic.

### 3. Move through each of the seven dimensions separately

Use the appropriate ([Anyone](#)) or ([Clergy](#)) [Model for Healthy Living Self-assessment, Reflection and Goals Tool](#).

Use the Thought Starters, Reflection Starters, Action Starters and Goal Starters to help to decide the next step that makes the best sense in your life in each area.

### 4. Return to the Model for Healthy Living [Wheel](#) in three months or six months.

Capture your current responses for each of the seven dimensions.

Circle the numbers on the Model for Healthy Living Wheel to indicate how satisfied you are right now that each area is in balance with the rest of your life.

Can you see progress?

Is it time to go back and review your Values, Dreams & First Steps? Perhaps update them?

Is it time to set new goals? (Self-assessment, Reflection and Goals Tool).

### 5. Repeat Step 4 whenever the need

6 months, 12 months?