

BALANCED LIFE

WHOLE PERSON HEALTH JOURNAL



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WELCOME TO WHOLE-PERSON HEALTH!

HOW TO USE THIS JOURNAL

This journal is a toolkit to accompany you on your whole-person health journey. Use this space to gather your reflections as you move through the modules. Feel free to customize this journal in any way that supports your learning and personal preferences.

Here is how you'll use this journal throughout the course:

- **Module 1:** You'll explore where you are currently in your health journey by completing the Whole-Person Health Inventory. You'll also set goals to help ground you as you move through the course.
- **Modules 2, 3, 4, and 5:** We will guide you through the Try It Out pages in each module. We'll prompt you to return to the journal to record your thoughts, and you'll reflect on how you can apply what you learned about physical, mental, emotional, and spiritual health to your own life.
- **Module 6:** You'll reflect on your personal growth after completing all the modules, take the Whole-Person Health Inventory again to see where you are now, and move on to your Whole-Person Health Plan – a personalized approach to holistic health you can carry with you beyond the course.

Congratulations on taking the first step toward a holistic approach to health and well-being!

MODULE 1 – MEET YOURSELF WHERE YOU ARE

A helpful place to begin your whole-person health approach is right where you are!

Put a star by the pillar of whole-person health you're most energized to explore right now and a circle around the pillar that doesn't resonate as much or feels the most challenging.

Physical Health

Mental Health

Emotional Health

Spiritual Health



Consider the pillar with the star:

- What about this area feels interesting or more manageable right now?



Consider the pillar you circled:

- What about this area feels less interesting or challenging right now?
- What might be preventing you from exploring this area more?

It's normal to feel excited about some areas of health and more uncertain about others. Whether you begin by exploring the pillar you starred or the pillar you circled, we hope you'll dive into whole-person health based on what motivates and inspires you!

MODULE 1 – WHOLE-PERSON HEALTH INVENTORY

Use this inventory to check in with where you are right now within the four pillars of whole-person health. Consider each statement honestly and without judgment. At the end of each section, record your total.

The goal of this exercise is not to earn a perfect 200. Rather, it's to help you prioritize your health goals. You can't focus on every aspect of whole-person health at once, and fortunately, you don't have to! Improving your health is an ongoing process, so take it step by step.

Note: Your results will likely shift over time based on your situation, goals, and priorities. No matter where you are in your health journey, you can always revisit this inventory to check in with yourself and prioritize your next steps. The

Rate the statements in each area on a scale of 1–5:

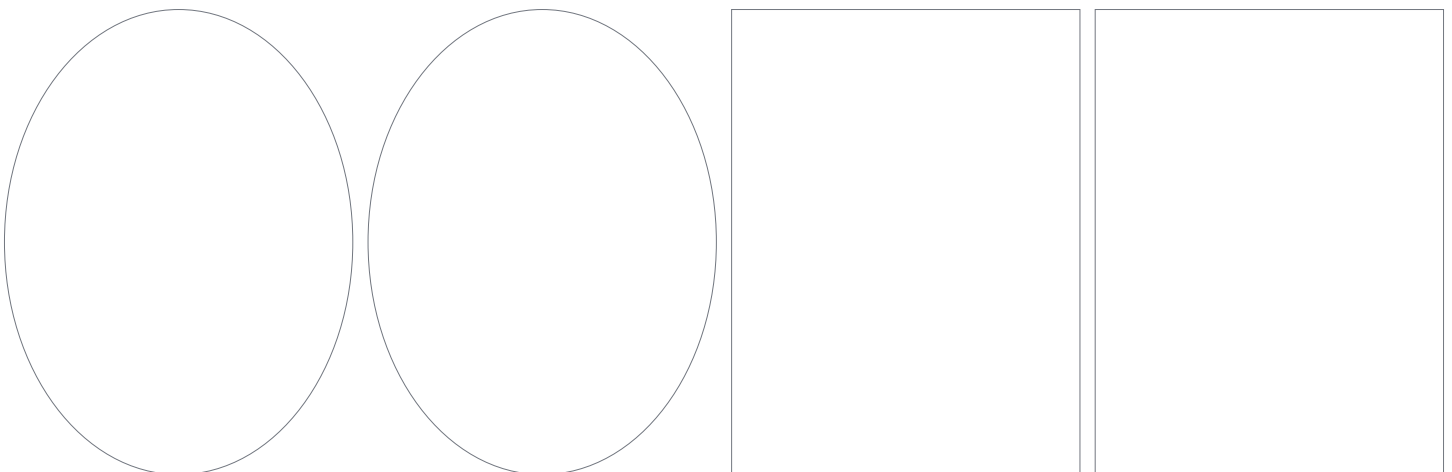
- 1 = Strongly disagree
- 2 = Disagree
- 3 = Neutral
- 4 = Agree
- 5 = Strongly agree

PHYSICAL HEALTH

- ___ I check my physical health markers regularly (e.g., blood pressure and cholesterol).
- ___ I listen to my body and take care of it when I feel pain.
- ___ I aim to eat mostly whole foods and limit processed foods.
- ___ I hydrate my body adequately throughout the day.
- ___ I take actions to strengthen my immune system.
- ___ I take breaks throughout the day to reset and re-center myself.
- ___ I move my body on a regular basis.
- ___ I honor my body's natural sleep rhythms.
- ___ I'm aware of social factors that affect my health and make choices that support me.
- ___ I adapt my nutrition, rest, and sleep habits based on my current needs and priorities.

Physical Health Total: _____

Choose two of your highest-scoring statements and write them in the ovals below.
Choose two of your lowest-scoring statements and write them in the squares below.



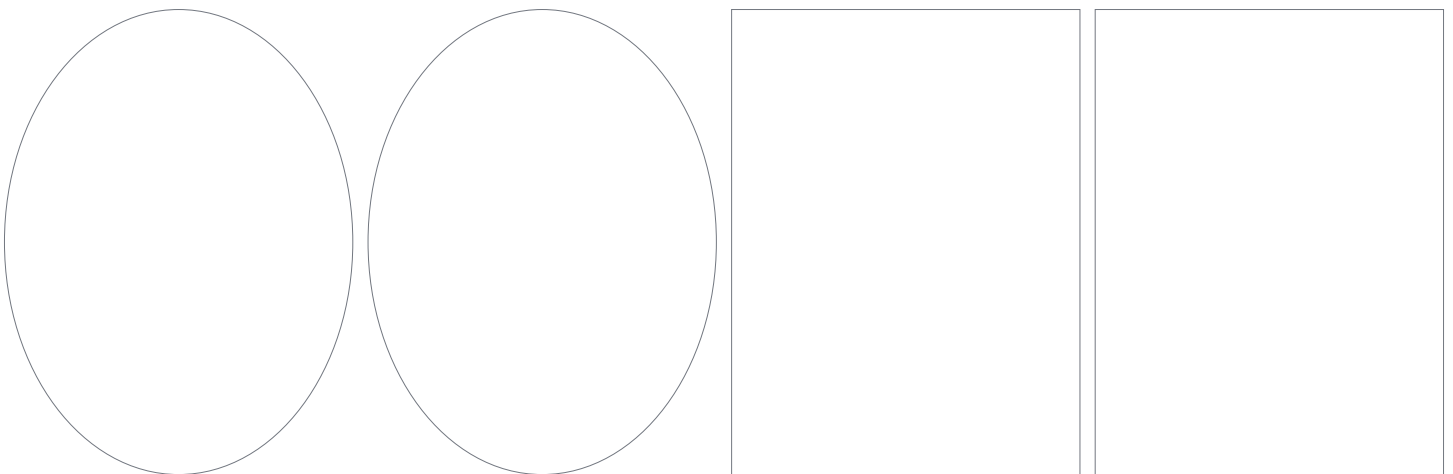
The form consists of two ovals on the left and two squares on the right, all outlined in a thin grey line. The ovals are positioned side-by-side, and the squares are positioned side-by-side to their right.

MENTAL HEALTH

- ___ I recognize how stress affects my overall health.
- ___ I recognize connections between my thoughts and how my body feels.
- ___ I can shift my mental response to emotional triggers in empowering ways.
- ___ I can be resilient when challenges arise.
- ___ I can perceive a stressful event as an opportunity for growth.
- ___ I'm flexible in times of uncertainty.
- ___ I practice mindfulness in ways that support my overall health.
- ___ I recognize my strengths and how to use them to my benefit.
- ___ I engage my brain with mentally stimulating activities on a regular basis.
- ___ I have healthy ways of coping when challenges arise.

Mental Health Total: _____

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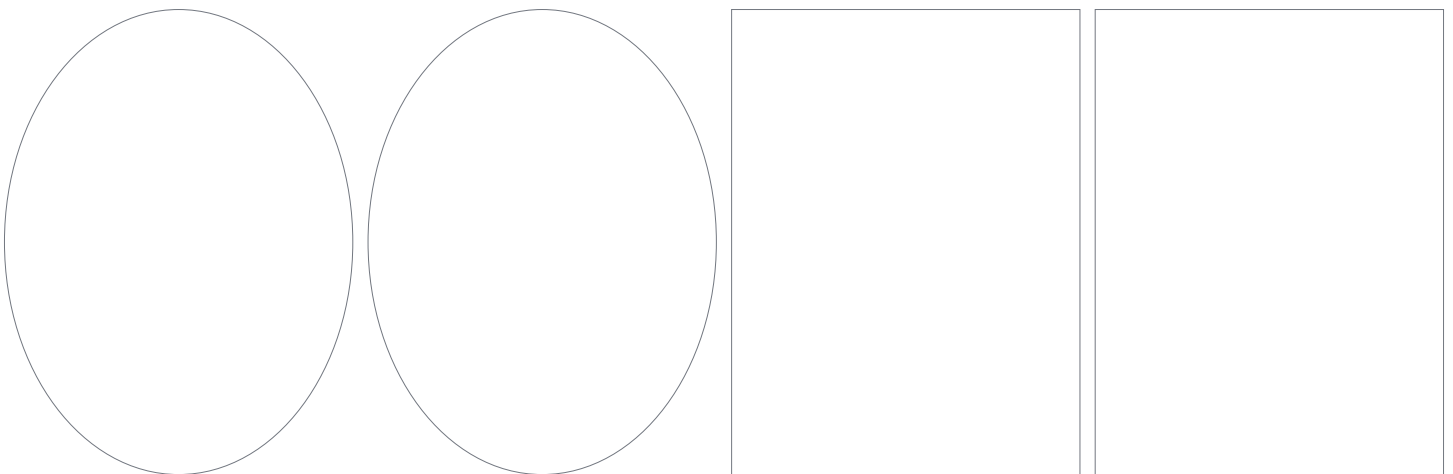
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EMOTIONAL HEALTH

- ___ I practice self-compassion toward my emotions.
- ___ I honor all my experiences in order to continue healing.
- ___ I empower myself by shifting negative internal stories.
- ___ I have meaningful social connections.
- ___ I create space for emotional rest.
- ___ I have strategies to utilize when my emotions start to feel out of control.
- ___ I take time to honor all my emotions.
- ___ I communicate effectively with others.
- ___ I try to understand the emotions of others.
- ___ I reach out to others for support when I think it will be beneficial.

Emotional Health Total: _____

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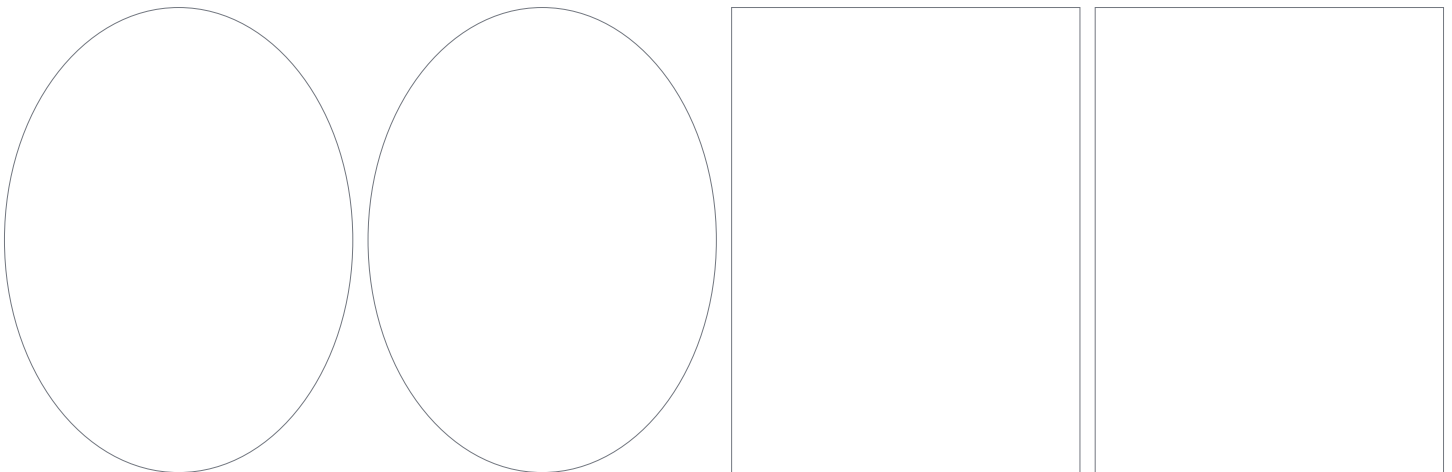
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SPIRITUAL HEALTH

- ___ I feel connected to my core, authentic self.
- ___ I honor where I am right now, without judgment.
- ___ I feel a connection to something greater than myself.
- ___ I contribute to the greater world in meaningful ways.
- ___ I trust that I have all I need to reach my goals.
- ___ I honor all parts of my identity.
- ___ I feel connected to a sense of purpose.
- ___ I create space for joy and peace on a daily basis.
- ___ I feel comfortable exploring spirituality in a variety of ways.
- ___ I find meaning in my everyday experiences.

Spiritual Health Total: _____

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Whole-Person Health Inventory Totals

___ Physical Health: _____

___ Mental Health: _____

___ Emotional Health: _____

___ Spiritual Health: _____

Overall: _____

MODULE 1: TRY IT OUT – GOAL SETTING

When starting a new endeavor, such as exploring a holistic approach to health, setting goals can help you move forward by identifying exactly what you'd like to accomplish. Knowing this can help you experience your whole-person health journey more fully.



Think about what motivated you to take this course. What do you hope to accomplish? Why is this important to you?



What stands out to you about the results of your Whole-Person Health Inventory? Did anything surprise you? If so, what?

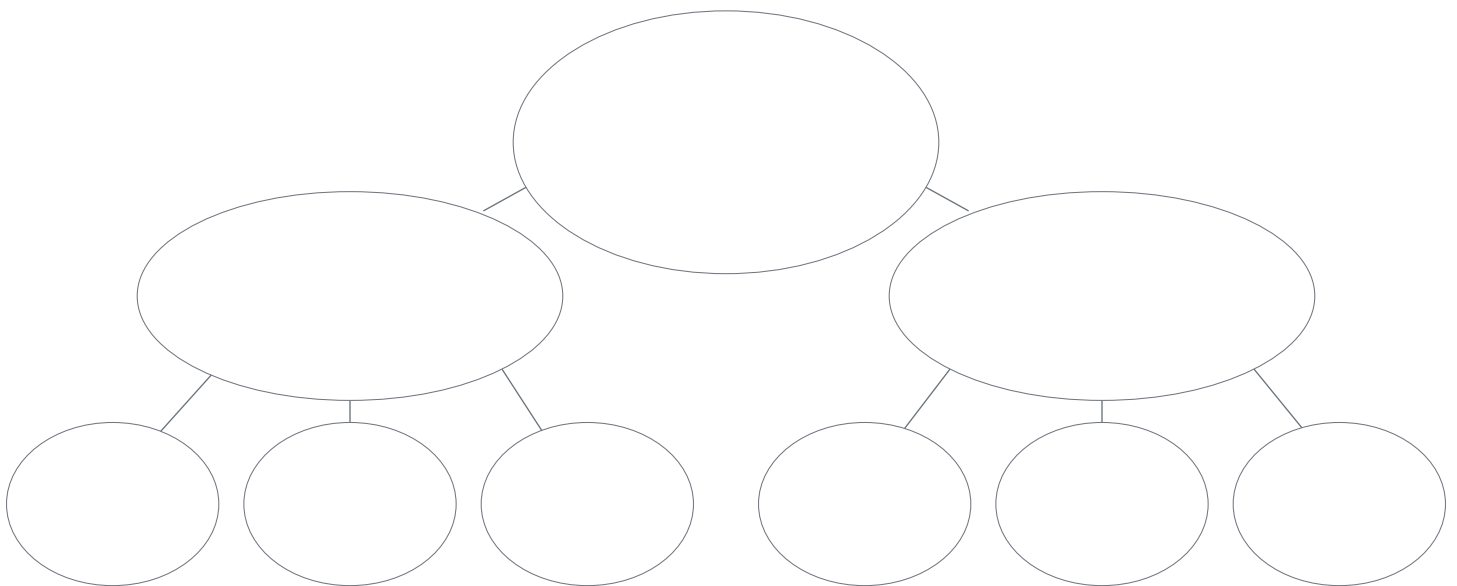


How can you use this information to prioritize your current health goals?

Tips for Goal Setting

- **View your goals through the lens of multidimensional health.** Even if the goals that are most important to you all fall within one area of whole-person health, explore how they might be impacted across physical, mental, emotional, and spiritual health. All areas of health are connected. As you move through this course, viewing your health goals from each perspective will be much more impactful in the end.
- **Break down your goals into long-term goals, shorter-term goals, and daily action steps.** For example, long-term goals can be bigger-picture goals that you want to accomplish in the next three months, six months, or one year. Shorter-term goals can be goals related to the long-term goals that you focus on for the next month, which you can then break down into shorter weekly goals. Daily action steps are what help you reach your goals, small step by small step.

Use the space below to write down a **big-picture health goal** at the top, **shorter-term goals** in the middle circles, and **habits and daily action steps** you can take in each of the small circles.



You may find that your goals shift throughout this course. Feel free to use this journal as a place to jot down new health priorities as they surface. Doing so will help guide the Whole-Person Health Plan you'll create in Module 6!

MODULE 2: PHYSICAL HEALTH – TRY IT OUT

Now that you've explored some high-leverage ways to support wellness through physical health, take a few moments to think about what you've learned.



What ideas resonate most with you from this module? How do these ideas align with your current short-term or bigger-picture health goals?



What factors currently influence your nutrition habits? Why is this awareness helpful?



Do you create space for rest throughout your day? If so, how? How do you know when it's time to take a break?



Where might there be opportunities to experiment with making small shifts in your physical health approach?



What's one small step you could take this week toward a physical health goal?

MODULE 3: MENTAL HEALTH – TRY IT OUT

You've just learned some helpful strategies for managing stress and coping with challenges. Now that you've explored ways to support wellness through mental health, take a few moments to think about what you've learned.



Which tips in this module stood out to you? Which seemed most useful and manageable for you right now?



What symptoms do you experience when you're feeling stressed?



What are your stress stories? What kinds of thoughts pop up for you regularly when you feel stressed? How do you think these mental narratives affect how you respond to stress?



When you feel symptoms of stress, how can you shift from a negative or limiting headspace to a more empowering headspace?



What's one small step you could take this week to move toward greater resilience?

MODULE 4: EMOTIONAL HEALTH – TRY IT OUT

Connecting to your current emotional health beliefs and practices will help you learn to evaluate your priorities as they change over time. Now that you've explored ways to support wellness through emotional health, take a few moments to think about what you've learned.



Which tips in this module spoke to you the most? Did some connect to your current goals more than others?



How has your relationship with yourself changed over the years? What are you still working on? What helpful shifts have you experienced?



What's one relationship in your life you'd like to strengthen? Why?



How might you create space in your daily life to support your emotional health?



What's one small shift you can commit to, every day, for the next week?

MODULE 5: SPIRITUAL HEALTH – TRY IT OUT

You've picked up some valuable ideas for supporting your spiritual health in this module. Now that you've explored ways to support wellness through spiritual health, take a few moments to think about what you've learned.



Which ideas from this module resonated with you the most? Did some seem more relatable than others? Did any align with your current health goals?



How do you honor your personal identity in your daily life?



How would you describe your life purpose? What makes life meaningful to you?



What are some ways you might align your daily habits with your greater purpose?



What is one shift you could make this week to connect more with your spiritual health?

REVISIT THE WHOLE-PERSON HEALTH INVENTORY

Use this inventory to check in with where you are now that you've explored whole-person health. Consider each statement honestly and without judgment. At the end of each section, record your total.

Although you are visiting this inventory for the second time, it's okay if you don't earn a perfect 200. Rather, it's to help you understand how far you've come in your whole-person health journey and prioritize where you'll go next.

Note: After completing this inventory for a second time, compare your scores from the beginning to the end of the course. Consider how your scores may have changed or remained the same. No matter where you are on your health journey, reflecting on your progress can support you in identifying patterns and setting goals.

Rate the statements in each area on a scale of 1–5:

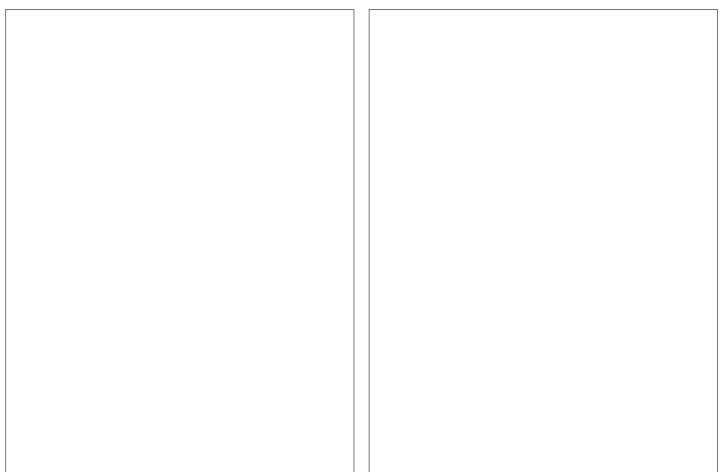
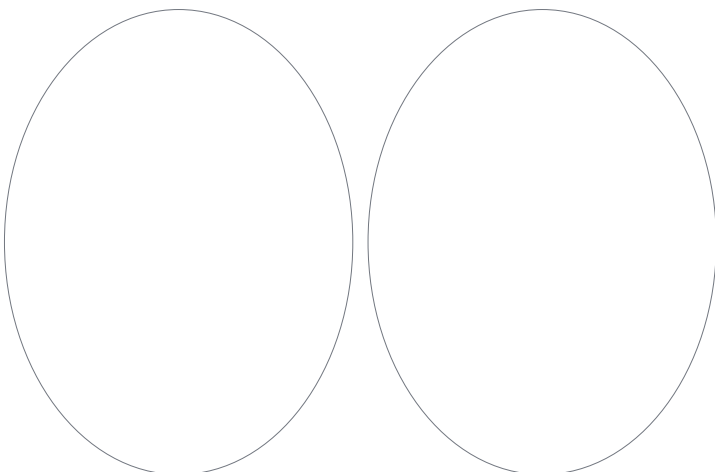
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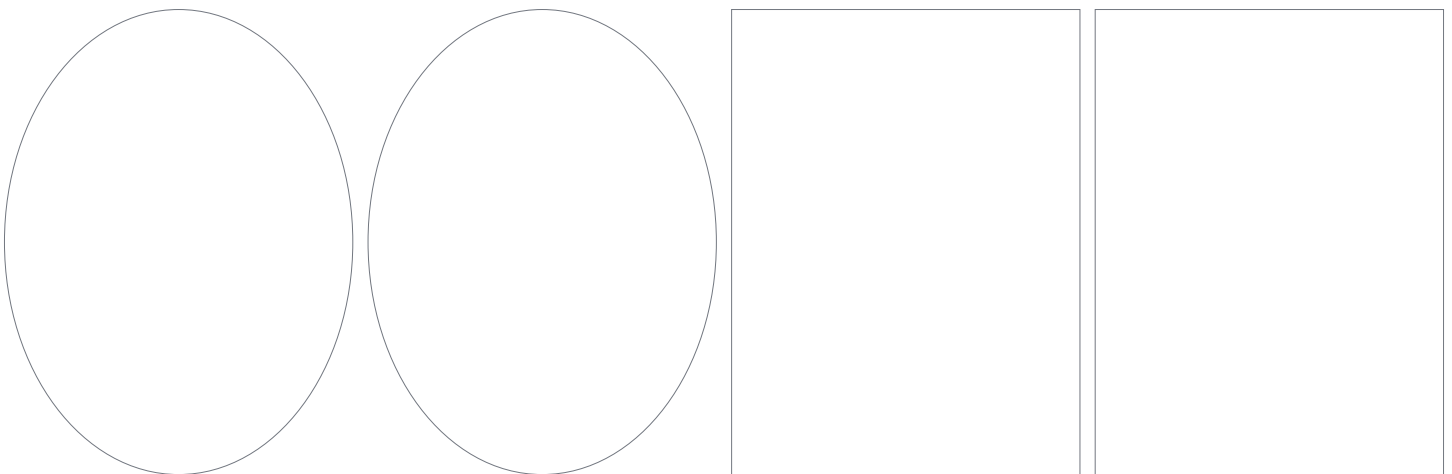


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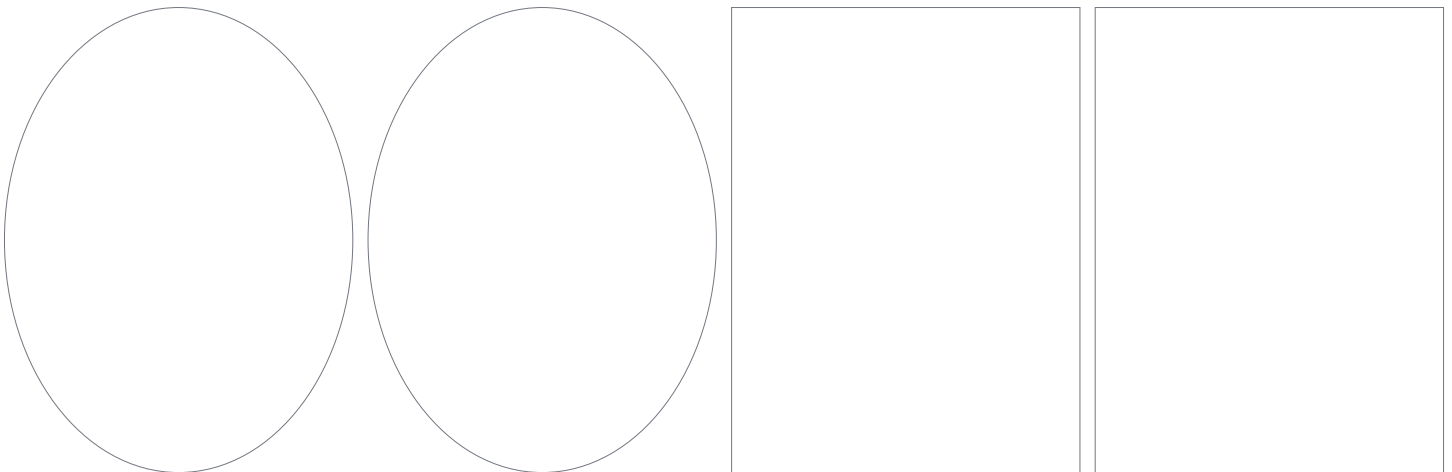
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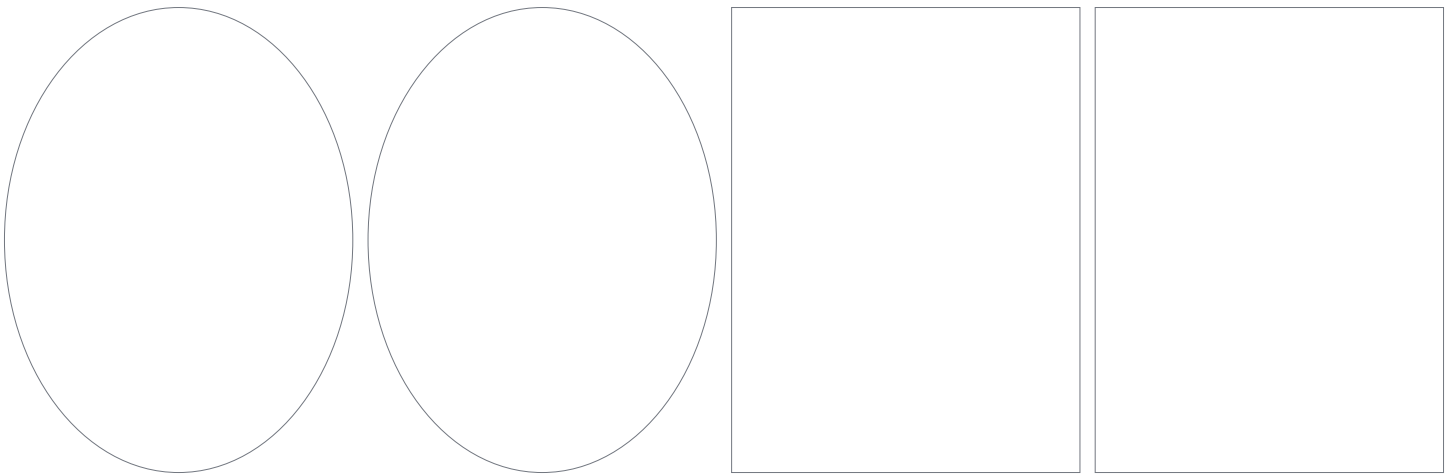
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MODULE 6 – BRING IT ALL TOGETHER

Think back to the beginning of this course and who and where you were in your health journey. Now consider the following questions as you reflect on all that you've learned about a holistic approach to wellness.



What has or hasn't changed for you throughout this course in terms of how you look at your health? Are your priorities different than they were when you started?



Which aspect of health – physical, mental, emotional, or spiritual – had the most impact on you? Which had the least?



Which pillar do you think you'll look at the least? Is there one area you can see yourself deprioritizing or even forgetting about? Why? What would make it more of a priority for you?



Where would you like to go from here? What's one step you could take this week toward greater whole-person health?



What do you need to feel more confident moving forward in your holistic health journey? What kind of support can you give yourself?



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