



# 4 Pillars of Personal Health Habits Inventory

“Becoming the Superhero of My Own Story” by \_\_\_\_\_

## Self-Awareness & Self-Care Tool for Choosing Body Mind Soul Leadership

**Part One:** Review diagram and highlight every bullet point that is currently concerning to you. Notice which pillars require the most attention. Keep in mind:

- ✓ All 4 pillars are important and connected.
- ✓ Improving one pillar helps the others.
- ✓ Pain displays information and wisdom.
- ✓ Self-Awareness and Self-Care are a *choice*.
- ✓ Pain carries wisdom. Self-Accountability is a *choice*.
- ✓ *Choosing* Body Mind Soul Leadership is the goal.
- ✓ Superhero Effect™ B.L.I.S.S. Habits help all 4 pillars.

### 1. Physical Health

- ▶ TEMPTATION & fear
- healthy weight
- % body fat & muscle
- body age & BMI
- waist-hip ratio
- movement & timing
- meals & medications
- ▶ ADDICTION & pain

### 4. Mental Health

- ▶ TEMPTATION & fear
- anxiety
- anger
- depression
- memories
- mindfulness
- quality sleep
- ▶ ADDICTION & pain

### 2. Emotional Health

- ▶ TEMPTATION & fear
- emotional maturity
- quality relationships
- creativity
- craving
- reactivity range
  - sage <—> rage
- ▶ ADDICTION & pain

### 3. Spiritual Health

- ▶ TEMPTATION & fear
- meditation & prayer
- purpose & contribution
- connection to nature
- Ayurvedic lifestyle
- reactivity range
  - glad <—> sad/mad
- ▶ ADDICTION & pain

**Part Two:** On a scale from 1 to 5, with 1 representing “not-so-great” and 5 representing “awesome,” circle the number that best represents where you believe you rank today within each pillar of health. Be honest about your *choices*.



Not-So-Great



Average



Awesome

Below Average

Above Average

#### Physical Health

1	2	3	4	5
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#### Emotional Health

1	2	3	4	5
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#### Spiritual Health

1	2	3	4	5
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#### Mental Health

1	2	3	4	5
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**Part Three:** Attention, intention, and belief *choices* create powerful physiological effects on your physical, emotional, spiritual, and mental health. Review Part One and Part Two above. Examine both your personal and professional leadership conditions. Think about which new health habits you could implement that might appeal to your sense of smell, taste, sight, touch, and sound. Consider traditional and alternative healthcare remedies. Note if you are habitually forgetful, lazy, over-ambitious, or indifferent. On the back of this page, write yourself a Personal Health Habits Prescription. **You got this!**

# My 4 Pillars of Personal Health Habits Self-Prescription

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**1. Physical Health**

**4. Mental Health**

**2. Emotional Health**

**3. Spiritual Health**

Notes:

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**Repeat Every (Circle One):**    **Hour**        **Day**        **Week**        **Month**

**Initial Here for Accountability:** \_\_\_\_\_