



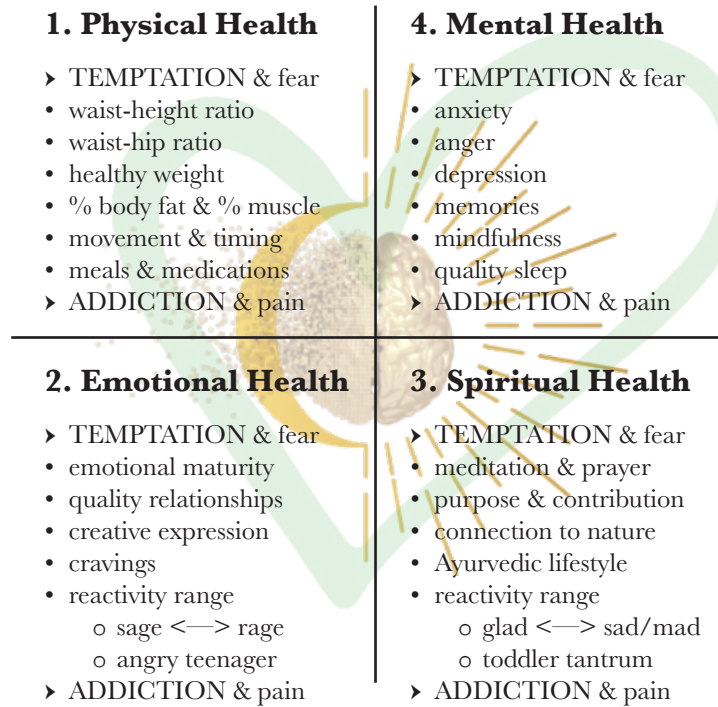
# 4 Pillars of Personal Health Habits Inventory

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




## Self-Awareness Tool for *Choosing* Body Mind Soul *Self-Leadership*

**Part One:** Review diagram on the right and highlight every bullet point that is currently concerning to you. Note which Pillars require the most attention.

- ✓ All 4 Pillars are important and connected.
- ✓ Improving one Pillar helps the others.
- ✓ Pain carries information and wisdom.
- ✓ *Self-Awareness* is a *choice*.
- ✓ *Self-Accountability* is a *choice*.
- ✓ *Choosing* Emotional Agency is the goal.
- ✓ Giving into TEMPTATION may lead to ADDICTION.



**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

<b>Physical Health</b>				
1	2	3	4	5

<b>Emotional Health</b>				
1	2	3	4	5

<b>Spiritual Health</b>				
1	2	3	4	5

<b>Mental Health</b>				
1	2	3	4	5

**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, then examine your personal *Self-Leadership* abilities. On the back of this page, you will write a *Self-Care* Prescription for each Pillar. What personal health habits could you start today that could make your life more fulfilling? Consider traditional and alternative *Self-Care* remedies that might appeal to the five senses. If you are habitually forgetful, lazy, or overambitious, focus on your lowest ranked Pillar first. ***You got this!***

# My 4 Pillars of Personal Health Habits *Self-Care* Prescription

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

<b>1. Physical Health</b>	<b>4. Mental Health</b>
<b>2. Emotional Health</b>	<b>3. Spiritual Health</b>

Habits to start and/or stop this week:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

**Initial Here for *Self-Accountability*:** \_\_\_\_\_ **Accountability Partner:** \_\_\_\_\_