



Mastery Made Simple

Focus on Mastering My Health



- 1 I am healthy in body & mind.
- 2 I am addressing my health issues.
- 3 I ignore my poor health.

| How did you do? | Yes | +/- | No |
|--|----------|----------|----------|
| 20 _____ 40 _____ 60 | + | | - |
| <i>20 = Bravo!</i> _____ <i>60 = Things to fix</i> | 1 | 2 | 3 |
| 1. I have health insurance that I feel ok about. | | | |
| 2. I see a dentist regularly and follow up with recommendations. | | | |
| 3. I get physical checkups with a practice I know and trust. | | | |
| 4. I have regular dermatology, hearing, and eye screenings. | | | |
| 5. I have and can access my health and vaccination records. | | | |
| 6. My mental health is good, and I address concerns. | | | |
| 7. All areas of my home are safe, clean, well lit, and organized. | | | |
| 8. I have smoke & carbon monoxide detectors, and fire extinguishers. | | | |
| 9. I wear sunglasses, sunscreen, seatbelts, and other safety gear. | | | |
| 10. I have help with tasks of daily living if needed. | | | |
| 11. I drink enough good quality water. | | | |
| 12. I eat a balanced diet of good quality, mostly unprocessed foods. | | | |
| 13. I am at my healthy natural weight. | | | |
| 14. I wash my hands and body and do not affect others with body odors. | | | |
| 15. I sleep in a safe, comfortable place and usually get enough rest. | | | |
| 16. I do not overuse alcohol or other substances. | | | |
| 17. I am generally not stressed and feel balanced. | | | |
| 18. I have enough movement, exercise, and recreation. | | | |
| 19. I have enough personal supports: family, friends, and community. | | | |
| 20. I limit my use of electronics and social media. | | | |

What one thing I like to change about my health in general?

What health practice is hardest to maintain and why?

Where do I get inspiration and support to create the balanced life I want?

For any checked off any #2 or #3s above, what do I need to do next?

What will my future self wish I had done now?

What has this exercise brought up for me?

What's next? Visit www.MasteryConsulting.net to be your best self.