



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.

	Yes + 1	+/- 2	No - 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 abuse 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 like 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.