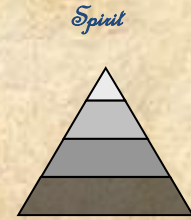


My Health Map



Terrain Hazards:

- ▲ Boulder blocking the way--A Physical obstacle
- ✕✕ Briar Patch--A Mental obstacle
- ☀ Swamp--A Spiritual obstacle
- ❖ Mud--A challenging Environment

Healing Resources:

- ☪ Oasis--Where you spend time doing things which rest, rejuvenate, de-stress, and replenish you
- ★ Scenic Vista--A place where you connect spiritually/nourish
- ⌘ Garden--A place of forgiveness
- Community Center-- Where you gather with family, friends and loved ones to enjoy and nurture relationships
- 🏛 House of Worship--Where you visit with God
- Watering Hole--A place to quench your thirst and meet your body's needs
- § Supply Shop--Where you gather resources not available elsewhere

Date:

My Action Plan

- 1. What specific paths (Body-Mind-Spirit-Environment) will I follow to reach my destination?**
- 2. What blocks, obstacles., or difficulties (Body-Mind-Spirit-Environment) stand in my way?**
- 3. What are my specific plans for dealing with these obstacles?**
- 4. Who will assist me in my journey?**
- 5. What is my timeline for arriving at my destination?**
- 6. How will I gauge my progress along the way?**