



**Name**

**Date**

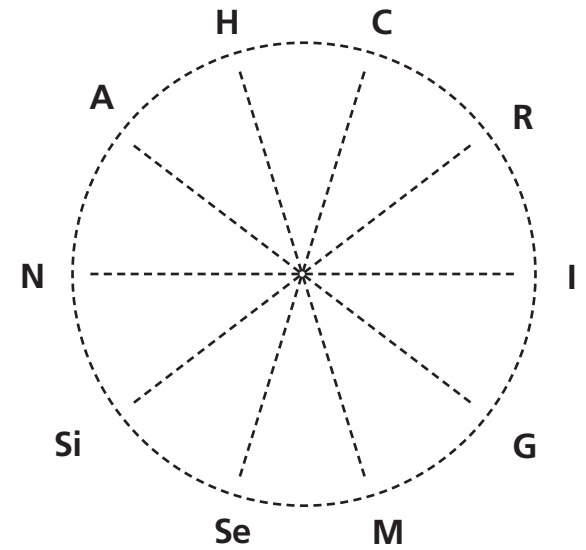
### **My Health Enablers**

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### **My Health Limiters**

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### **My Health Wheel**



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|------------------|-------------------|
| <b>Autonomy</b>  | <b>Growth</b>     |
| <b>Harmony</b>   | <b>Movement</b>   |
| <b>Community</b> | <b>Security</b>   |
| <b>Rhythm</b>    | <b>Simplicity</b> |
| <b>Intimacy</b>  | <b>Nature</b>     |

*Shade spokes to match 1 = low to 5 = high alignment scores  
(higher score = longer spoke shading)*



**Name**

**Date**

***My Life Today***

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***My Natural Life Plan***

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*Plan should close key gaps between life vision and life today  
(list actions and intended completion dates)*



***My Life Vision***

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