

Name

Date

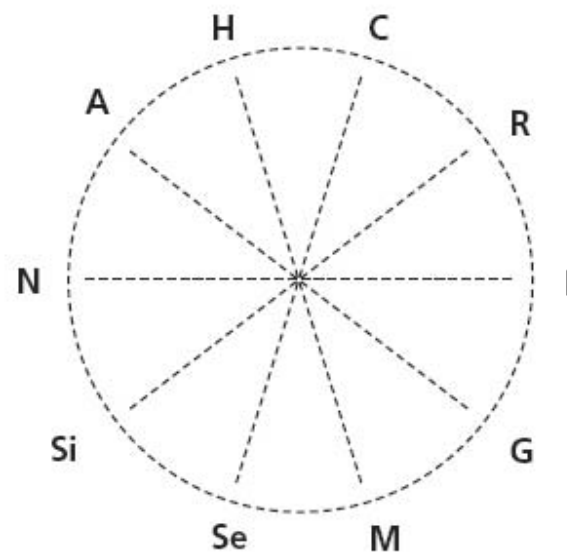
My Health Enablers

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My Health Limiters

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My Health Wheel



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|-----------|------------|
| Autonomy | Growth |
| Harmony | Movement |
| Community | Security |
| Rhythm | Simplicity |
| Intimacy | Nature |

*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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*Please see the Natural Living section of HumanaNatura.org for worksheet instructions.
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