



# My Personal Health Plan Wallet Card

Whole Health is all about helping me live my life to the fullest.

## My Mission, Aspiration or Purpose: What do I live for? What matters most to me?

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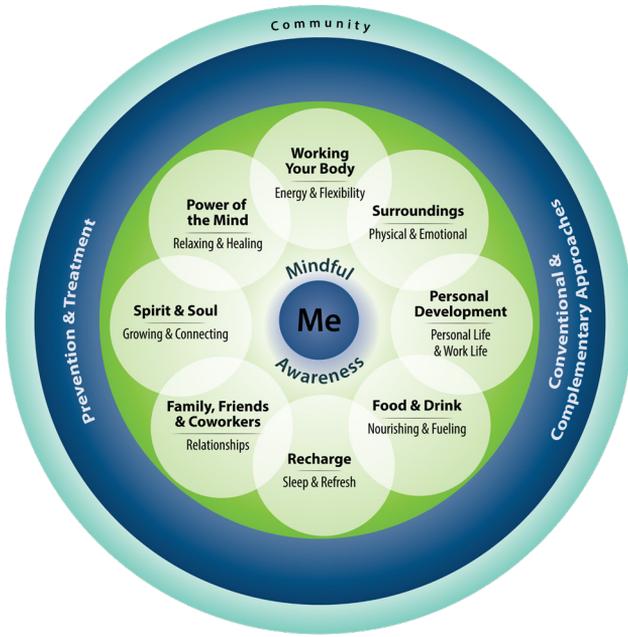
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## Areas of strength (+), challenge (-) My areas of focus are checked

+ or -	Area of Circle	✓
	Mindful Awareness	
	Working My Body	
	Surroundings	
	Personal Development	
	Food and Drink	
	Recharge	
	Family, Friends and Coworkers	
	Spirit and Soul	
	Power of the Mind	
	Professional Care	
	Community	



## Why do I want to be healthy? How does being healthy support what matters most to me?

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**My overall goals:**

**My self-care priorities:**

**Major medical concerns and screenings:**

**Medications and supplements:**

**Professional care (conventional and complementary):**

**My support team (family, friends, health team members):**

**My education and skill building:**