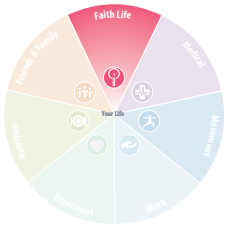


My Model for Healthy Living



*7 Worksheets for
Values and First Steps*



My Faith Life

A MODEL FOR HEALTHY LIVING WORKSHEET

FAITH LIFE: Building a relationship with God, your neighbors, and yourself.

Faith traditions vary widely, but at the core, a faith life helps us build a relationship with God, our neighbors, and ourselves. This affirms that we are body-and-spirit beings created and loved by God. We can explore a richer faith life and enjoy the benefits this experience will bring to overall wellness.

“Jesus said to her, ‘Everyone who drinks of this water will be thirsty again, but those who drink of the water that I give them will never be thirsty. The water that I will give will become in them a water gushing up to eternal life.’” (John 4:13–14)

Jesus met a woman at a well and asked for a drink. As they talked, he told her about the living water he offered, and she eagerly received it for healing in her wounded life. In Jesus’ words we hear a spiritual truth wrapped in the language of our physical bodies—thirst. This reminds us that we can never separate our faith lives from our physical lives. We are whole beings, body and spirit.

Reflecting on personal values helps make connections to practical goals that move us toward lasting positive health habits.

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MY FAITH LIFE VALUES

- What experiences or people have influenced the formation of how I think about my faith life?
- What words or phrases describe my reasons for seeking deeper significance of faith in understanding my health?

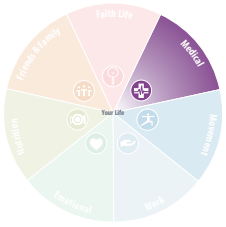
MY FAITH LIFE DREAMS

- How do I describe the role faith plays in the balance of my life right now?
- How do I describe what I’d like faith to look like in my life six months from now?
- If my picture for six months from now came true, how would my life be healthier overall?

MY FIRST STEP

Often health changes don’t last because we try to make too many big changes too fast without specific incremental steps for success. Focus on one specific first step that you can take in the next few weeks that would start you on the path toward your six months dream for your faith life. You might also jot down other steps to take later, but begin with a specific, practical, realistic first step.

- In the next few weeks, I will:



My Medical

A MODEL FOR HEALTHY LIVING WORKSHEET

MEDICAL: Partnering with your health care provider to manage your medical care.

Our bodies break down, and we must embrace that life includes medical needs. Doctors have training, but as individuals we also know a great deal about ourselves and get the greatest benefit from care by participating fully in the medical conversation. The job of health care providers is not just to tell you what's wrong but to be a coach in helping you live a healthy life. Speaking of himself as the Good Shepherd who cares for his sheep, Jesus said,

“I came that they may have life, and have it abundantly.” (John 10:10)

A healthy partnership for the abundant life recognizes the strength of each party. Your doctor can't control everything you do. Other than in an emergency, the patient controls far more than the doctor. A partnership with your doctor means you hold up your end of the bargain and come to the health care table ready to make positive choices. Remember, many people can be your companions in the process of following through on those choices.

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MY MEDICAL VALUES

- What experiences or people have influenced the formation of how I think about my medical care?
- What words or phrases describe my reasons for seeking deeper significance of a medical partnership in understanding my health?

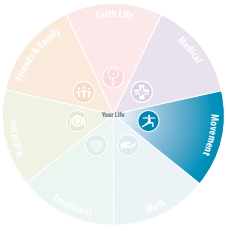
MY MEDICAL DREAMS

- How do I describe the role medical care plays in the balance of my life right now?
- How do I describe what I'd like a medical partnership to look like in my life six months from now?
- If my picture for six months from now came true, how would my life be healthier overall?

MY FIRST STEP

Often health changes don't last because we try to make too many big changes too fast without incremental steps for success. Focus on one specific first step that you can take in the next few weeks that would start you on the path toward your six months dream for your medical experience. You might also jot down other steps to take later, but begin with a specific, practical, realistic first step.

- In the next few weeks, I will:



My Movement

A MODEL FOR HEALTHY LIVING WORKSHEET

MOVEMENT: Discovering ways to enjoy physical activity.

Movement seems to be the easiest thing for any of us to drop when our schedules get too full. Yet it's clear we are created to move. We have bodies with more moving parts than most of us can count—and we take the ability to move for granted until something gets in the way. Nevertheless, we've created a culture that minimizes opportunity to move. We rely on cars to get everywhere, don't have time to take the stairs, and turn exercise into something only young and fit people can do. In contrast, it's helpful to remember the Bible's frequent imagery of the faithful life as a life of movement, such as this:

**Those who wait for the LORD shall
renew their strength,
they shall mount up with wings like
eagles,
they shall run and not be weary
they shall walk and not faint.
(Isaiah 40:30)**

Movement is part of how we celebrate our body-and-spirit connection to God. No matter what your physical activity level is now, look for new ways to enjoy movement, God, and the body God gave you.

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MY MOVEMENT LIFE VALUES

- What experiences or people have influenced the formation of how I think about movement?
- What words or phrases describe my reasons for seeking deeper significance of movement in understanding my health?

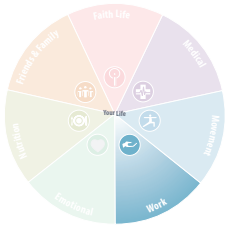
MY MOVEMENT LIFE DREAMS

- How do I describe the role movement plays in the balance of my life right now?
- How do I describe what I'd like movement to look like in my life six months from now?
- If my picture for six months from now came true, how would my life be healthier overall?

MY FIRST STEP

Often health changes don't last because we try to make too many big changes too fast without incremental steps for success. Focus on one specific first step that you can take in the next few weeks that would start you on the path toward your six months dream for movement. You might also jot down other steps to take later, but begin with a specific, practical, realistic first step.

- In the next few weeks, I will:



My Work

A MODEL FOR HEALTHY LIVING WORKSHEET

WORK: Appreciating your skills, talents, and gifts.

We are made to work. God put Adam to work in the Garden of Eden right from the start. Work is a gift from God starting at the time of creation. For some people work is a means to an end—just to get money. But that’s wasting one-third of your life, and your eyes will be closed to the presence of God in your work circumstances. Others make work their god. A happy medium is possible.

“May the LORD reward you for your deeds and may you have a full reward from the LORD, the God of Israel, under whose wings you have come for refuge!” (Ruth 2:12)

When Ruth immigrated from Moab to Judah with her mother-in-law, Naomi, and Boaz saw her hard work gleaning in the fields, he commended her in God’s name. Whether you are in a dream career or feel stuck at the moment, work is not separate from spirituality. God is present in your work circumstances, and your work is an integral part of your experience of God.

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MY WORK VALUES

- What experiences or people have influenced the formation of how I think about my work?
- What words or phrases describe my reasons for seeking deeper significance of work in understanding my health?

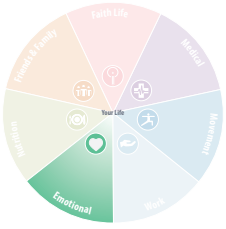
MY WORK DREAMS

- How do I describe the role work plays in the balance of my life right now?
- How do I describe what I’d like work to look like in my life six months from now?
- If my picture for six months from now came true, how would my life be healthier overall?

MY FIRST STEP

Often health changes don’t last because we try to make too many big changes too fast without incremental steps for success. Focus on one specific first step that you can take in the next few weeks that would start you on the path toward your six months dream for work. You might also jot down other steps to take later, but begin with a specific, practical, realistic first step.

- In the next few weeks, I will:



My Emotions

A MODEL FOR HEALTHY LIVING WORKSHEET

EMOTIONAL: Managing stress and understanding your feelings to better care for yourself.

Emotions are complex responses to specific triggers. Some are joyful, some stressful. We joke about stress eating, binging on television, or shopping therapy. The truth is we probably all have habits we know aren't good for us, but in times of stress we simply don't care. We want what feels good in the moment, not what benefits us in the long term. For good or for bad, emotions affect our moods, and moods affect our judgment. This includes decisions about wellness and health. Our health and relationships pay the price. Jesus said,

“Come to me, all you that are weary and carrying heavy burdens, and I will give you rest ... For my yoke is easy and my burden is light.”
(Matthew 11:28–30)

Stress is going to happen. It just is. Coping by making healthy choices instead of indulging old habits begins in understanding what triggers your feelings and owning up to the ways you have coped in the past. Through understanding our feelings, it's possible to make changes to manage stress in healthier ways.

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MY EMOTIONAL VALUES

- What experiences or people have influenced the formation of how I think about my emotions?
- What words or phrases describe my reasons for seeking deeper significance of emotions in understanding my health?

MY EMOTIONAL DREAMS

- How do I describe the role emotions plays in the balance of my life right now?
- How do I describe what I'd like emotions to look like in my life six months from now?
- If my picture for six months from now came true, how would my life be healthier overall?

MY FIRST STEP

Often health changes don't last because we try to make too many big changes too fast without incremental steps for success. Focus on one specific first step that you can take in the next few weeks that would start you on the path toward your six months dream for your emotional life. You might also jot down other steps to take later, but begin with a specific, practical, realistic first step.

- In the next few weeks, I will:



My Nutrition

A MODEL FOR HEALTHY LIVING WORKSHEET

NUTRITION: Making smart food choices and developing healthy eating habits.

“I will give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.” (Genesis 1:29)

Right in the first chapter of the Bible, we see that food is a gift from God. The point of better nutrition is to build healthy, strong bodies that lead to whole people who are better connected to God. Food is God’s gift to us, and caring for our bodies with nutrition is our gift back to God.

Everyone has favorite foods. Perhaps you can prepare a favorite recipe with half the sugar or salt and never notice the difference, but you won’t know if you don’t try. Perhaps you can bake or grill a favorite food and discover that you like it just as well as fried. The point is not to eat differently for a few weeks or a month, but to develop habits of moderation that can last a lifetime.

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MY NUTRITION VALUES

- What experiences or people have influenced the formation of how I think about nutrition?
- What words or phrases describe my reasons for seeking deeper significance of nutrition in understanding my health?

MY NUTRITION DREAMS

- How do I describe the role nutrition plays in the balance of my life right now?
- How do I describe what I’d like nutrition to look like in my life six months from now?
- If my picture for six months from now came true, how would my life be healthier overall?

MY FIRST STEP

Often health changes don’t last because we try to make too many big changes too fast without incremental steps for success. Focus on one specific first step that you can take in the next few weeks that would start you on the path toward your six months dream for nutrition. You might also jot down other steps to take later, but begin with a specific, practical, realistic first step.

- In the next few weeks, I will:



My Friends and Family

A MODEL FOR HEALTHY LIVING WORKSHEET

FRIENDS AND FAMILY:

Giving and receiving support through relationships.

Friends and family are critical to your health, and you are crucial to theirs. You receive from the community you're part of, but you also contribute to it. Others offer qualities you need, and you offer qualities others need. God draws us into life and the goodness of life. But when we're in the midst of illness, pain, or suffering, it can be a mighty struggle to see the presence of God. But the people around us help us to see the presence of God in the circumstances of our lives. We step back from the edge and fall into the arms of the people who love—and offer our arms to catch those about to fall.

If one member suffers, all suffer together with it; if one member is honored, all rejoice together with it.
(1 Corinthians 12:26)

Who are the people you depend on most, and what you doing to strengthen those relationships? Who depends on you, and how are you responding to their needs? Working toward better health as part of a caring community benefits everyone.

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MY FRIENDS AND FAMILY VALUES

- What experiences or people have influenced the formation of how I think about my friends and family?
- What words or phrases describe my reasons for seeking deeper significance of friends and family in understanding my health?

MY FRIENDS AND FAMILY DREAMS

- How do I describe the role friends and family play in the balance of my life right now?
- How do I describe what I'd like my friends and family relationships to look like in my life six months from now?
- If my picture for six months from now came true, how would my life be healthier overall?

MY FIRST STEP

Often health changes don't last because we try to make too many big changes too fast without incremental steps for success. Focus on one specific first step that you can take in the next few weeks that would start you on the path toward your six months dream for friends and family. You might also jot down other steps to take later, but begin with a specific, practical, realistic first step.

- In the next few weeks, I will: