

Empowered Health Consciousness Worksheet

Health Consciousness is an ongoing process of choosing a healthy alternative when stressed. It is noticing the triggers and being present to what is happening. This fillable worksheet guides you to create a positive statement to build health consciousness through five steps. Either select statements by clicking or write responses. Step 5 integrates your responses into the final statement. Please read that statement out loud and practice it daily.

STEP 1 - Identify the Trigger

Reflect on the past 24 hours. Which of the following "triggers" caused you to weaken in your health consciousness (reactivity, tuned out, zoned out, lost presence)?

- | | | |
|----------------------------------|--|--|
| <input type="radio"/> Pain | <input type="radio"/> Distracted | <input type="radio"/> Too Much Work |
| <input type="radio"/> Anxiety | <input type="radio"/> Weight Concern | <input type="radio"/> React to Media |
| <input type="radio"/> Tension | <input type="radio"/> Too Much Caffeine | <input type="radio"/> Negative Thought |
| <input type="radio"/> Drowsiness | <input type="radio"/> Too Much Sugar/Fat | <input type="radio"/> Self - Abuse |
| <input type="radio"/> Fatigue | <input type="radio"/> Too Much Alcohol | <input type="radio"/> Relationship(s) |

STEP 2 - Contemplate & Invigorate Your Resources

From the two categories below, select ALL those you can right now feel you can get in touch with.

- | | |
|---|---|
| <input type="radio"/> Self-awareness: I attend to my health | <input type="radio"/> Physical Strength |
| <input type="radio"/> Self-responsibility: I take care of my health | <input type="radio"/> Intellectual Strength |
| <input type="radio"/> Health motivation: I want to be healthy | <input type="radio"/> Emotional Calm |
| <input type="radio"/> Information effort: I get needed information | <input type="radio"/> Social Support |
| <input type="radio"/> Consumer awareness: I discern what's best | <input type="radio"/> Job, Financial Satisfaction |
| <input type="radio"/> Mind-body practice: I have a daily practice | <input type="radio"/> Spirituality |

STEP 3 - Risks and Benefits of Choosing a Less Effective Behavior

In response to the trigger(s) identified in Step 1, have you taken any "less effective" action? For example, ignoring, avoiding, stomaching, tolerating, unprescribed Rx use; unhealthy unwinding with drugs, alcohol, shopping, eating, media/phone, television; self-shame; victim; drama; rage; collapse; wall off; hide.

Not At All A Little Some A Lot



If you Selected "A Little", "Some", or "A Lot" please write in the risks and the benefits of choosing the less effective action:

STEP 4 - Commit to a Specific Action to Support Well-Being

Below are examples of different healthy alternatives. Select at least one that you will do in the next 24 hours. Reflect on the trigger above in Step 1. Select one that will help prevent or address the trigger.

- | | | |
|---|--|--|
| <input type="radio"/> Read, Journal | <input type="radio"/> Exercise, Walk | <input type="radio"/> Hobby, Play |
| <input type="radio"/> Cook/Bake | <input type="radio"/> Read, Music | <input type="radio"/> Problem Solve |
| <input type="radio"/> Pray, Meditate | <input type="radio"/> Connect with Friend | <input type="radio"/> Communicate, Listen |
| <input type="radio"/> Volunteer, Kindness | <input type="radio"/> Set Healthy Boundaries | <input type="radio"/> Rest, Essential Oils |
| <input type="radio"/> Massage, Yoga | <input type="radio"/> Water, Nourish | <input type="radio"/> Seek, Get Help |

STEP 5 - Integrate and Center (Read Aloud)

"Today, I choose to stand above and outside the triggers that happen in my life. I have (read all the item(s) checked in STEP 2):

"If and when I choose a less effective action (reflect on your response to STEP 3):

"I respond by being kind and compassionate to myself. It is all good as I am growing in health consciousness daily. In fact, I now commit to (read the items checked in STEP 4).

"I truly enjoy waking up to my own well-being. I like taking corrective action. I value staying conscious. I readily embrace ongoing healthy lifestyle change. And, in all of this, I play my part as a responsible human being. My own health behaviors have a positive ripple effect. Knowing this, I am filled with energy, motivation, and compassion in my exciting wellness journey."