

Current & Future Reality Self-Evaluation Worksheet

Your **Current & Future Reality Self-Evaluation** will help you gauge where you are with the components of your Lifestyle Wellness and decide upon your realistic future wellness target for each.

Review the description for each component. In Cell a), **rate how the percentage of your current behaviors (Current Baseline) aligns with each description.** Then, in Cell b) enter your *Desired Goal* for where you would want them to be when you are living your authentic best self. Finally, in Cell c), enter your *Willingness to Invest* and begin making the changes to achieve your *Desired Goal* now.

Use the rating scale: **10 = Unhealthy/Low Control/Low Willingness to 100 = Extremely Healthy/High Control/High Willingness.**

Please provide candid ratings for each item using the following rating scale. Your Future Targets in Cell d will calculate automatically after you enter ratings in cells a, b, and c.

**Less Healthy
Low Control/Willingness**

**Extremely Healthy
High Control/Willingness**

Incite & Accelerate

Slow Progression

Mitigate & Arrest

Prevent & Reverse



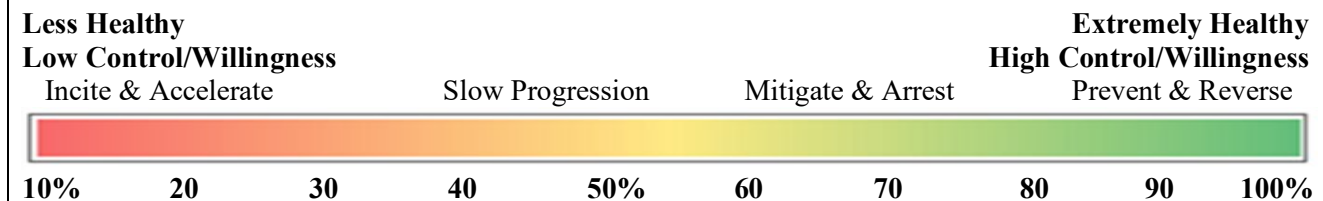
10% 20 30 40 50% 60 70 80 90 100%

<p>Nutrition - My nutritional plan is based predominately on a variety of minimally processed whole plant-based foods, limited meat and animal products, low added sugar, salt, and oil, and high in fruits, vegetables, beans, legumes, and whole grains.</p>			
<p>a) My Nutrition Current Baseline:</p>	<p>b) My Nutrition Desired Goal:</p>	<p>c) My Willingness to Invest to Achieve My Nutrition Desired Goal:</p>	<p>d) My Nutrition Future Target:</p>
<p>Movement – My movement pattern includes consistent daily structured exercise, nonstructured movement (work and home activities) and reduced sitting time interspersed throughout my day at work and home.</p>			
<p>a) My Movement Current Baseline:</p>	<p>b) My Movement Desired Goal:</p>	<p>c) My Willingness to Invest to Achieve My Movement Desired Goal:</p>	<p>d) My Movement Future Target:</p>
<p>Sleep – My sleep pattern includes an effective sleep schedule, regular sleep time, longer periods of interrupted sleep, and consistent alertness throughout the day without the use of medications and stimulants.</p>			
<p>a) My Sleep Current Baseline:</p>	<p>b) My Sleep Desired Goal:</p>	<p>c) My Willingness to Invest to Achieve My Sleep Desired Goal:</p>	<p>d) My Sleep Future Target:</p>
<p>Stress Management – My stress management patterns include effective coping mechanisms to reduce stress and create a consistence sense of overall mental well-being.</p>			
<p>a) My Stress Management Current Baseline:</p>	<p>b) My Stress Management Desired Goal:</p>	<p>c) My Willingness to Invest to Achieve My Stress Management Desired Goal:</p>	<p>d) My Stress Management Future Target:</p>
<p>Positivity & Connections – I maintain a balance of meaningful connections and relationships which lead to greater meaning, purpose, and possibilities in my home and work lives.</p>			
<p>a) My Positivity & Connections Current Baseline:</p>	<p>b) My Positivity & Connections Desired Goal:</p>	<p>c) My Willingness to Invest to Achieve My Positivity & Connections Desired Goal:</p>	<p>d) My Positivity & Connections Future Target:</p>

Current & Future Reality Self-Evaluation Worksheet, cont.

Review each component and rate your *Current Baseline* percentage for each, your *Desired Goal*, and your *Willingness to Invest* to achieve your desired goal (10 = low and 100 = high).

Please provide candid ratings for each item using the following rating scale. For each component, enter a whole number into cells a, b, & c. Your Future Targets in cell d will automatically calculate after you enter all 3 ratings.



Risky Substance Avoidance – My risky substance use patterns include avoiding nicotine, marijuana, and other risky substances, and avoiding or minimizing the use of alcohol.

a) My Risky Substance Avoidance Current Baseline:	b) My Risky Substance Avoidance Desired Goal:	c) My Willingness to Invest to Achieve Risky Substance Avoidance Desired Goal:	d) My Risky Substance Avoidance Future Target:

Supportive Environments – My home and work environments support my health and well-being by providing opportunities and making it easy for self-care, mindfulness, and stress relief integrated throughout my day.

a) My Supportive Home Environment Current Baseline:	b) My Supportive Home Environment Desired Goal:	c) My Willingness to Invest to Achieve My Supportive Home Environment Desired Goal:	d) My Supportive Home Environment Future Target:

a) My Supportive Work Environment Current Baseline:	b) My Supportive Work Environment Desired Goal:	c) My Willingness to Invest to Achieve My Supportive Work Environment Desired Goal:	d) My Supportive Work Environment Future Target:

Overall Lifestyle Wellness (All cells auto calculate based on your component ratings)

Overall Lifestyle Wellness Self-Evaluation. The decisions you make every day add up to impact your health and wellness in the long term. How do you want to live into the future – potentially disease free or taking a chance with your genetics - managing chronic diseases with medications, doctor’s visits, and procedures. Being willing to do enough to move and sustain your Future Lifestyle Wellness Practices into the green range increases your probability of adding years to your life and life to your years.

My Overall Lifestyle Wellness Current Baseline:	My Overall Lifestyle Wellness Desired Goal:	My Willingness to Invest Enough to Achieve My Overall Lifestyle Wellness Desired Goal:	My Overall Lifestyle Wellness Future Target: