

# HEALTH AND WELLBEING PROFILE

This activity is a self-reporting tool which will help you identify your current state of wellbeing. The information collected from these six activities can serve as the basis for creating your own profile of wellbeing. This information can also be aggregated to create a new archetype.

## HOW IT WORKS

### **STEP 1 A Day In My Life:**

Identify your activity per time of day. Fill in the activity based on categories provided. (e.g. food, work, transportation, etc.) Then, identify your stress level at each point of the day by using the scale from 1 to 10.

### **STEP 2 My Areas of Wellbeing:**

Reflect on the seven areas of wellbeing. Then, rate each category of your wellbeing using the scale from 1 to 10. Mark it on the scale.

### **STEP 3 My Self Care Plan:**

List the actions in the “current” column that you are currently doing to stay healthy. Then, list all the actions in the “ideal” column that you want to do in order to improve your wellbeing.



#### **STEP 4 My Motivators and Goals:**

Reflect on your goals and think about what motivates you. Then, list your top five motivators and goals on the worksheet.

#### **STEP 5 My Relationship with Healthcare:**

Reflect on your current relationship with healthcare. Then, evaluate your relationship with healthcare across each category of trust, efficiency, satisfaction, and accessibility. Rank your answers from 1 to 10 and circle the number.

#### **STEP 6 My Ecosystem:**

Reflect on your connections and influencers. List your specific influencers based on the categories of family, media, occupation, healthcare, friends, products and services, community, and recreation. Lastly, mark the level of stress caused by each category of influencers. Choose between low, medium, or high stress.

#### **MATERIALS AT HAND**

Use provided worksheets.

#### **Goals:**

- To document the current state of your health and wellbeing

#### **Requirements:**

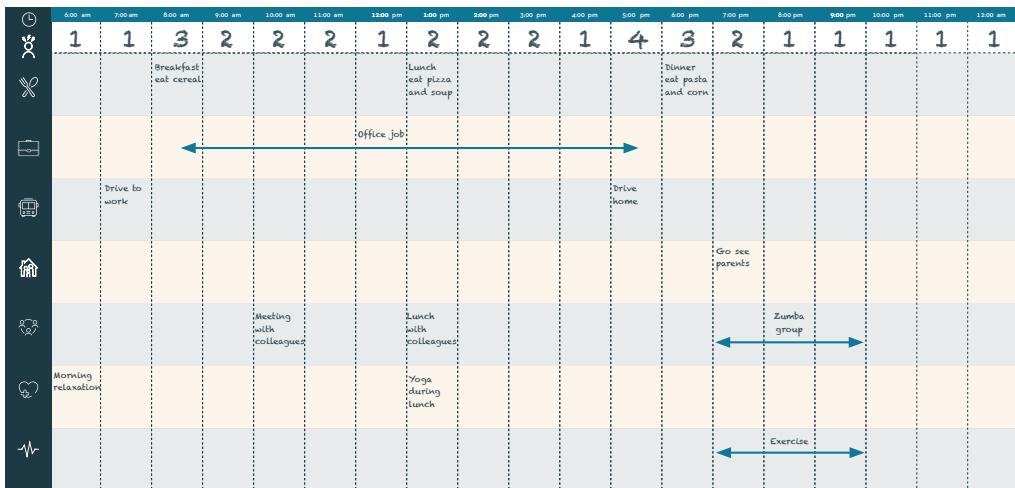
- Information is based on your existing conditions

#### **Materials:**

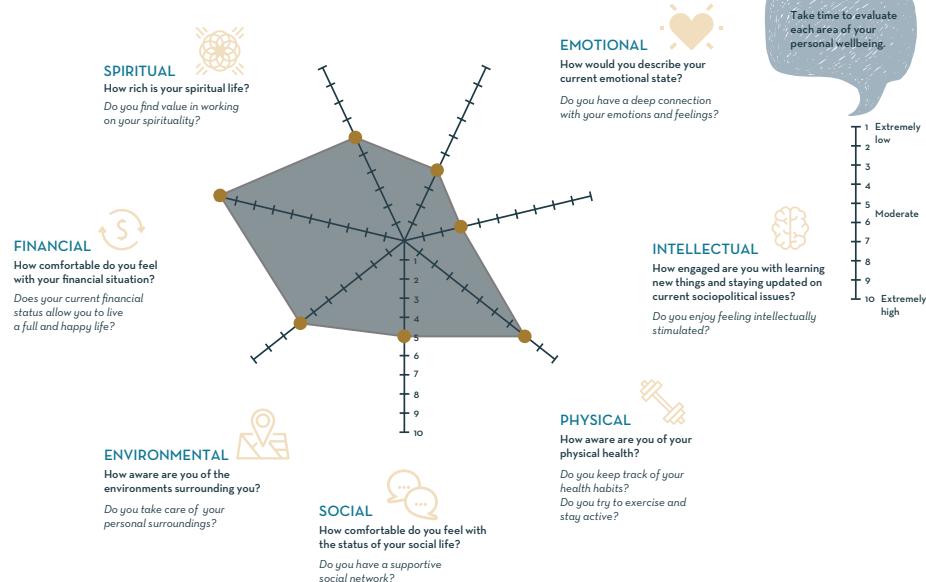
- Worksheets

# HEALTH AND WELLBEING PROFILE

## ADAY IN MY LIFE



## MY AREAS OF WELLBEING



# HEALTH AND WELLBEING PROFILE

## MY SELF CARE PLAN

### CURRENT

How do you currently take care of yourself?

What actions are you taking now to improve your wellbeing?

- 1) List the actions you take to stay healthy.
- 2) Express the actions you wish you could take in order to improve your wellbeing.

I take a 15  
minute walk  
everyday.

I eat a balanced  
meal.

### IDEAL

How would you like to take care of yourself?

What actions would you like to take in order to achieve your wellbeing goals?

I would like to  
go running a few  
times a week.

I would like to  
sleep a full 8  
hours.

## MY MOTIVATORS AND GOALS

What motivates you to do your best every day?

What motivators and goals keep you going?

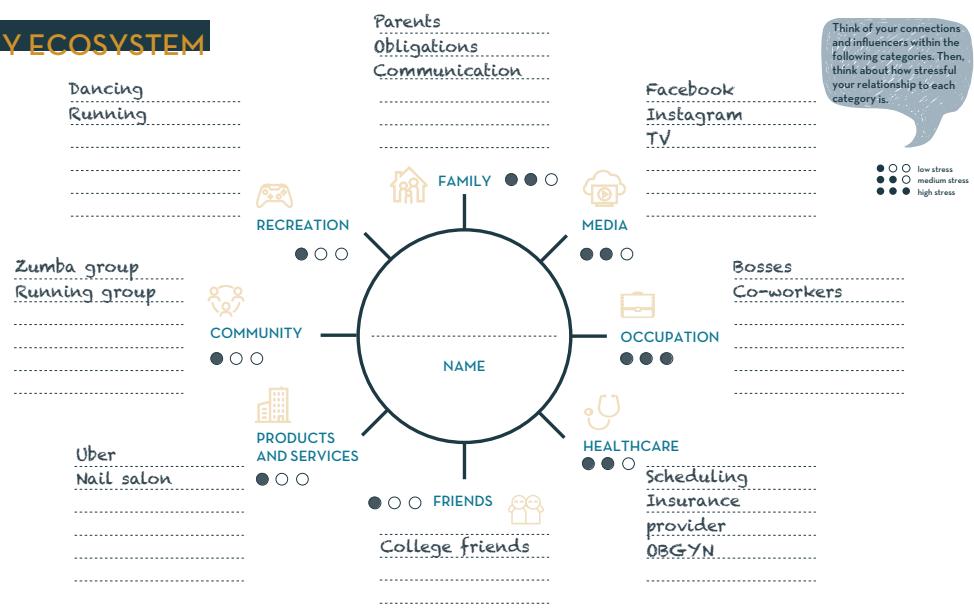


- 1 My friends
- 2 To look my best
- 3 Competition
- 4 Desire to live a fulfilled life
- 5 My family



# HEALTH AND WELLBEING PROFILE

## MY ECOSYSTEM

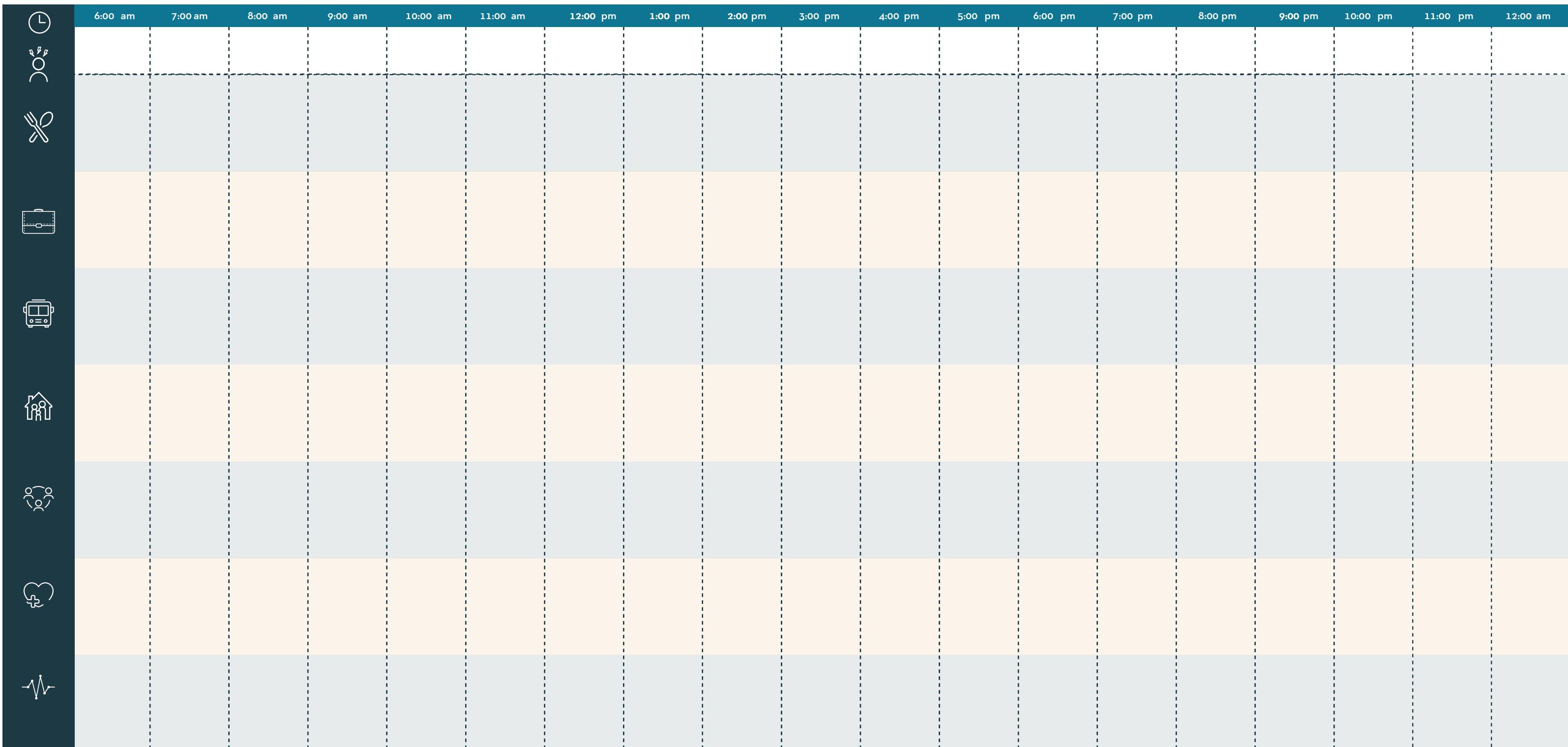


Think of your connections and influencers within the following categories. Then, think about how stressful your relationship to each category is.

- ○ ○ low stress
- ● ○ medium stress
- ● ● high stress

# SAMPLE SHEET

# A DAY IN MY LIFE



# MY AREAS OF WELLBEING

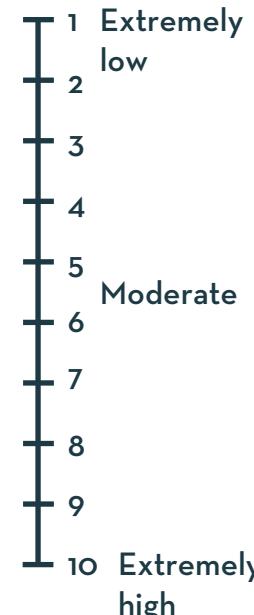


## EMOTIONAL

How would you describe your current emotional state?

Do you have a deep connection with your emotions and feelings?

Take time to evaluate each area of your personal wellbeing.



## INTELLECTUAL

How engaged are you with learning new things and staying updated on current sociopolitical issues?

Do you enjoy feeling intellectually stimulated?



## PHYSICAL

How aware are you of your physical health?

Do you keep track of your health habits?  
Do you try to exercise and stay active?

# MY SELF CARE PLAN

## CURRENT

How do you currently take care of yourself?

What actions are you taking now to *improve* your wellbeing?

- 1) List the actions you take to stay healthy.
- 2) Express the actions you wish you could take in order to improve your wellbeing.

## IDEAL

How would you like to take care of yourself?

What actions would you like to take in order to achieve your wellbeing goals?

# MY MOTIVATORS AND GOALS



**What motivates you to do your best every day?**

*What motivators and goals keep you going?*

1

2

3

4

5

# MY RELATIONSHIP WITH HEALTHCARE

/10

TRUST

How comfortable do you feel talking to your healthcare providers?

0 1 2 3 4 5 6 7 8 9 10

very uncomfortable

neutral

very comfortable

/10

EFFICIENCY

How efficient is your current healthcare insurance company in explaining your coverage terms and benefits?

0 1 2 3 4 5 6 7 8 9 10

highly unsatisfied

neutral

highly satisfied

How reliable is your current healthcare coverage?

0 1 2 3 4 5 6 7 8 9 10

totally unreliable

neutral

totally reliable

How effective is your current insurance plan coverage?

0 1 2 3 4 5 6 7 8 9 10

highly ineffective

neutral

highly effective

How would you rate the relationship you currently have with your healthcare providers?

0 1 2 3 4 5 6 7 8 9 10

highly unsatisfied

neutral

highly satisfied

How competent would you consider your current healthcare providers to be?

0 1 2 3 4 5 6 7 8 9 10

highly incompetent

neutral

highly competent

How comfortable do you feel with the scheduling and follow-up system that your current healthcare providers offer?

0 1 2 3 4 5 6 7 8 9 10

very uncomfortable

neutral

very comfortable

How efficient is the communication with your healthcare providers?

0 1 2 3 4 5 6 7 8 9 10

highly inefficient

neutral

highly efficient

Evaluate your relationship with healthcare. Rank your answers from 1 to 10.

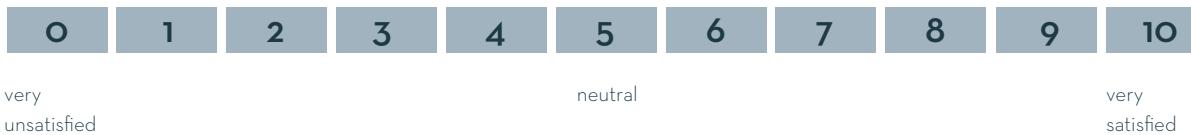


# MY RELATIONSHIP WITH HEALTHCARE

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SATISFACTION

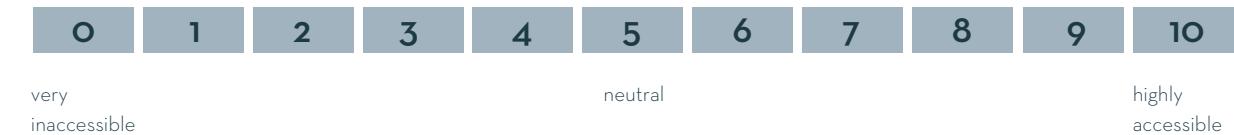
How satisfied are you with your healthcare coverage?



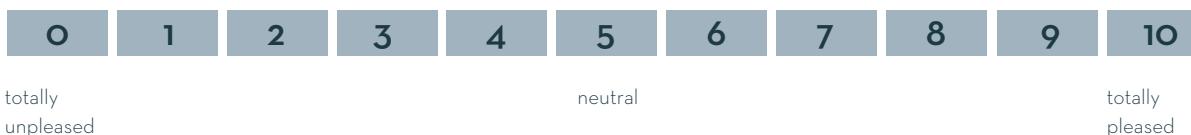
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ACCESSIBILITY

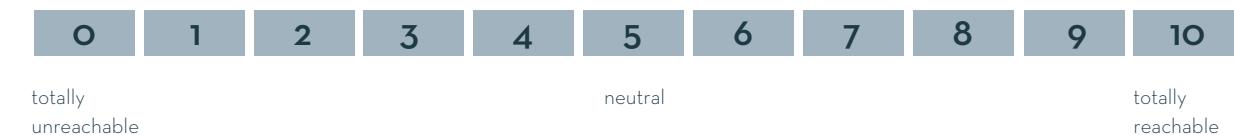
How accessible is your current healthcare plan?



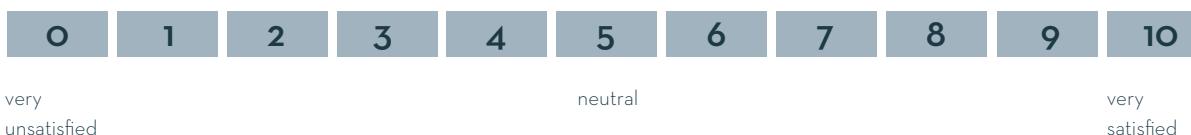
How pleased do you feel you are with your healthcare providers?



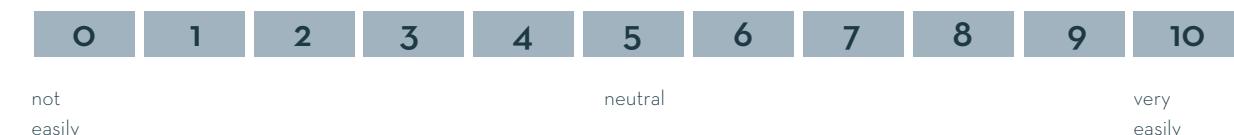
How reachable are your healthcare providers?



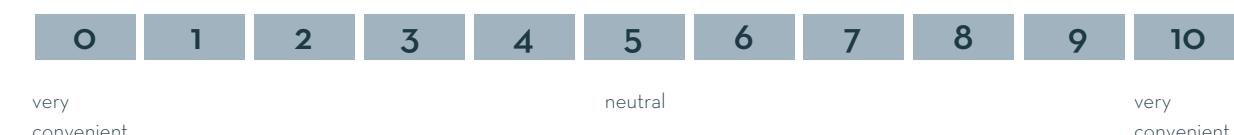
How satisfied are you with your current healthcare current experiences?



How easily can you access your health history and medication prescriptions?



How convenient is scheduling and appointment management for you?



Evaluate your relationship with healthcare. Rank your answers from 1 to 10.



# MY ECOSYSTEM

Think of your connections and influencers within the following categories. Then, think about how stressful your relationship to each category is.

