

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:

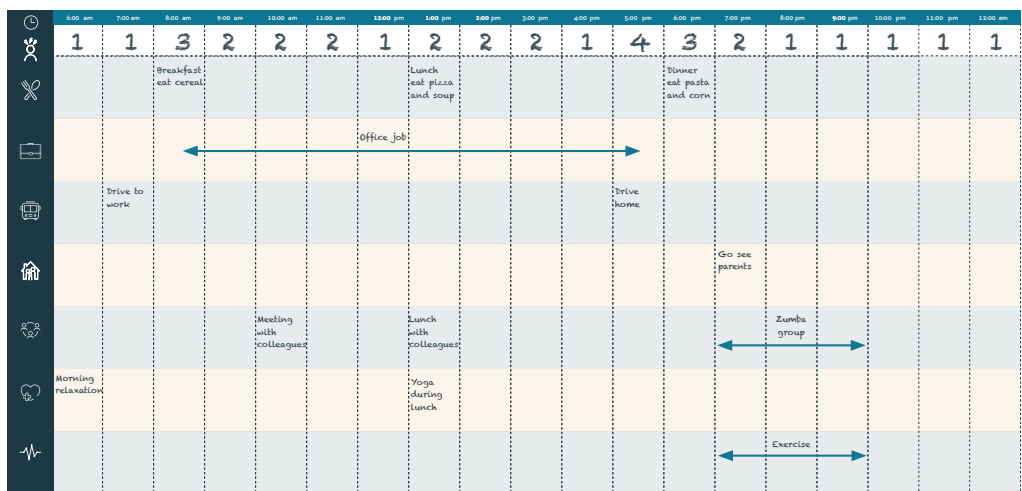
- Information is based on your existing conditions

Materials:

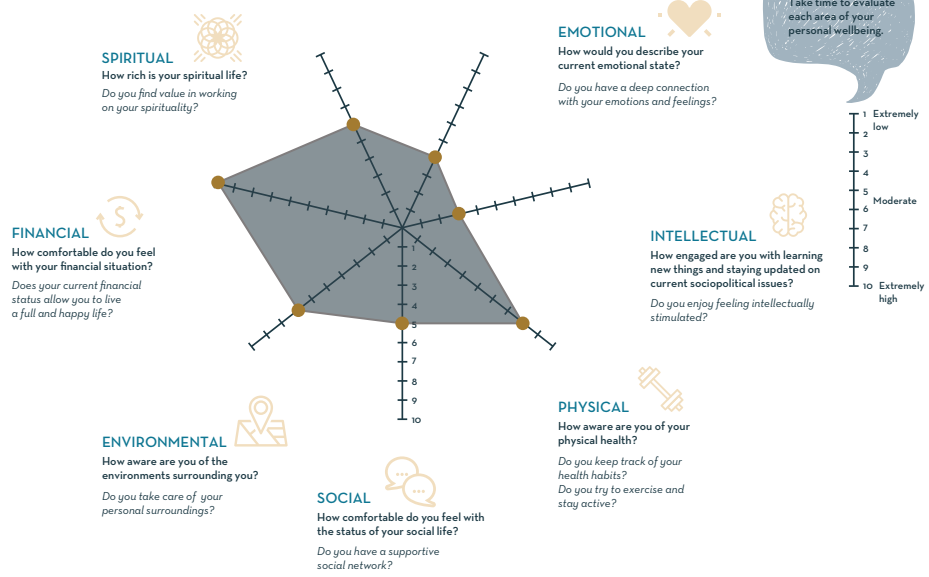
- Worksheets

HEALTH AND WELLBEING PROFILE

A DAY 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

Think of the things that keep you moving and wanting to be a better person.

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 RELATIONSHIP WITH HEALTHCARE

/10

TRUST

How comfortable do you feel talking to your healthcare providers?



How reliable is your current healthcare coverage?



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



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



/10

EFFICIENCY

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



How effective is your current insurance plan coverage?



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



How efficient is the communication with your healthcare providers?



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

MY RELATIONSHIP WITH HEALTHCARE

/10

SATISFACTION

How satisfied are you with your healthcare coverage?



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



How satisfied are you with your current healthcare experiences?



/10

ACCESSIBILITY

How accessible is your current healthcare plan?



How reachable are your healthcare providers?



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



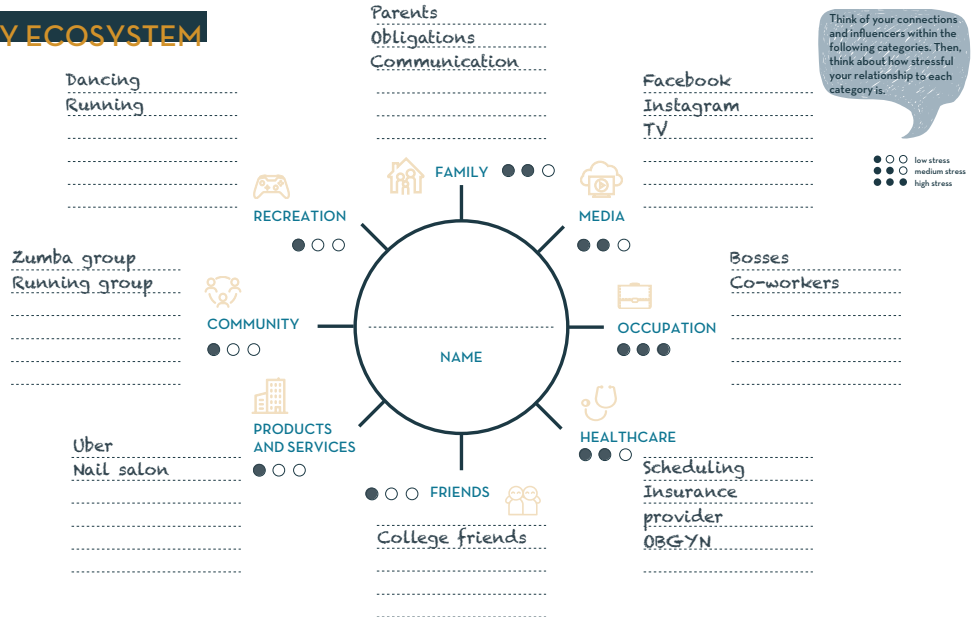
How convenient is scheduling and appointment management for you?












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

HEALTH AND WELLBEING PROFILE


MY ECOSYSTEM



A DAY IN MY LIFE

	6:00 am	7:00 am	8:00 am	9:00 am	10:00 am	11:00 am	12:00 pm	1:00 pm	2:00 pm	3:00 pm	4:00 pm	5:00 pm	6:00 pm	7:00 pm	8:00 pm	9:00 pm	10:00 pm	11:00 pm	12:00 am
																			
																			
																			
																			
																			
																			
																			
																			
																			

MY AREAS OF WELLBEING



SPIRITUAL

How rich is your spiritual life?
Do you find value in working on your spirituality?



FINANCIAL

How comfortable do you feel with your financial situation?
Does your current financial status allow you to live a full and happy life?




ENVIRONMENTAL

How aware are you of the environments surrounding you?
Do you take care of your personal surroundings?



SOCIAL

How comfortable do you feel with the status of your social life?
Do you have a supportive social network?



EMOTIONAL

How would you describe your current emotional state?
Do you have a deep connection with your emotions and feelings?



INTELLECTUAL

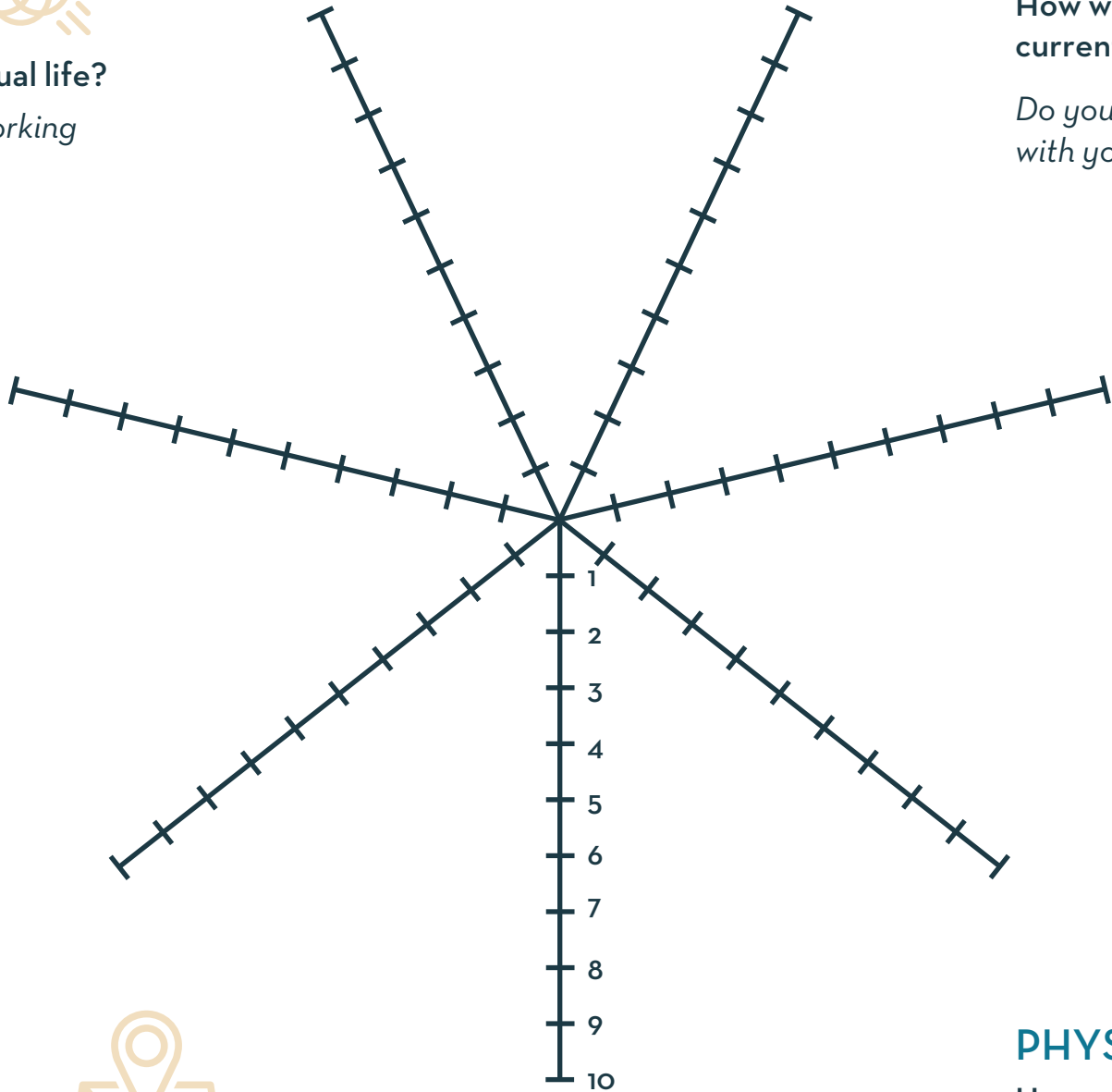
How engaged are you with learning new things and staying updated on current sociopolitical issues?
Do you enjoy feeling intellectually stimulated?



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?*

Take time to evaluate each area of your personal wellbeing.



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

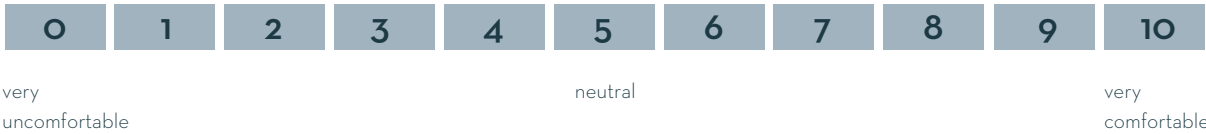
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MY RELATIONSHIP WITH HEALTHCARE

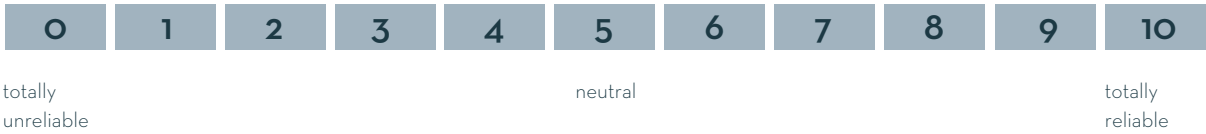
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TRUST

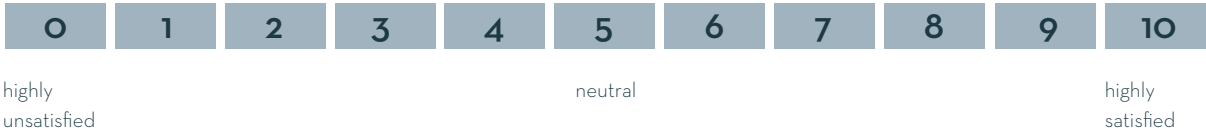
How comfortable do you feel talking to your healthcare providers?



How reliable is your current healthcare coverage?



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



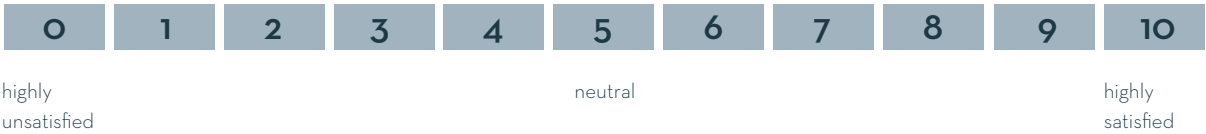
How comfortable do you feel with the scheduling and follow-up system that your current healthcare providers offer?



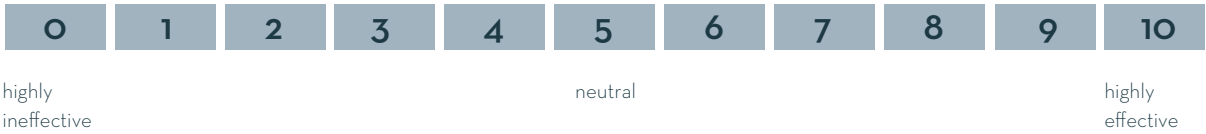
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EFFICIENCY

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



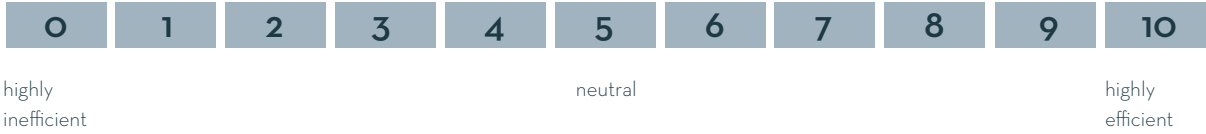
How effective is your current insurance plan coverage?



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

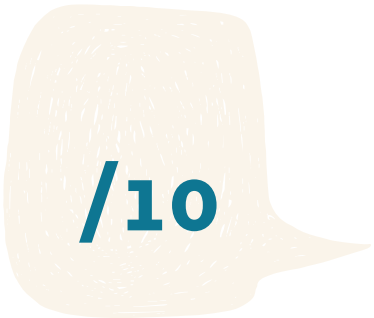


How efficient is the communication with your healthcare providers?



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

MY RELATIONSHIP WITH HEALTHCARE



SATISFACTION

How satisfied are you with your healthcare coverage?

0

1

2

3

4

5

6

7

8

9

10

very
unsatisfied

neutral

very
satisfied

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

0

1

2

3

4

5

6

7

8

9

10

totally
unpleased

neutral

totally
pleased

How satisfied are you with your current healthcare current experiences?

0

1

2

3

4

5

6

7

8

9

10

very
unsatisfied

neutral

very
satisfied



ACCESSIBILITY

How accessible is your current healthcare plan?

0

1

2

3

4

5

6

7

8

9

10

very
inaccessible

neutral

highly
accessible

How reachable are your healthcare providers?

0

1

2

3

4

5

6

7

8

9

10

totally
unreachable

neutral

totally
reachable

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

0

1

2

3

4

5

6

7

8

9

10

not
easily

neutral

very
easily

How convenient is scheduling and appointment management for you?

0

1

2

3

4

5

6

7

8

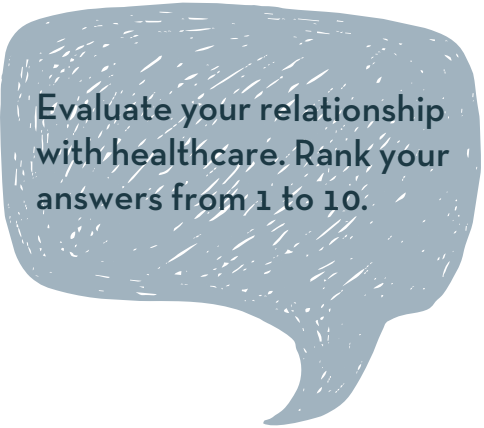
9

10

very
convenient

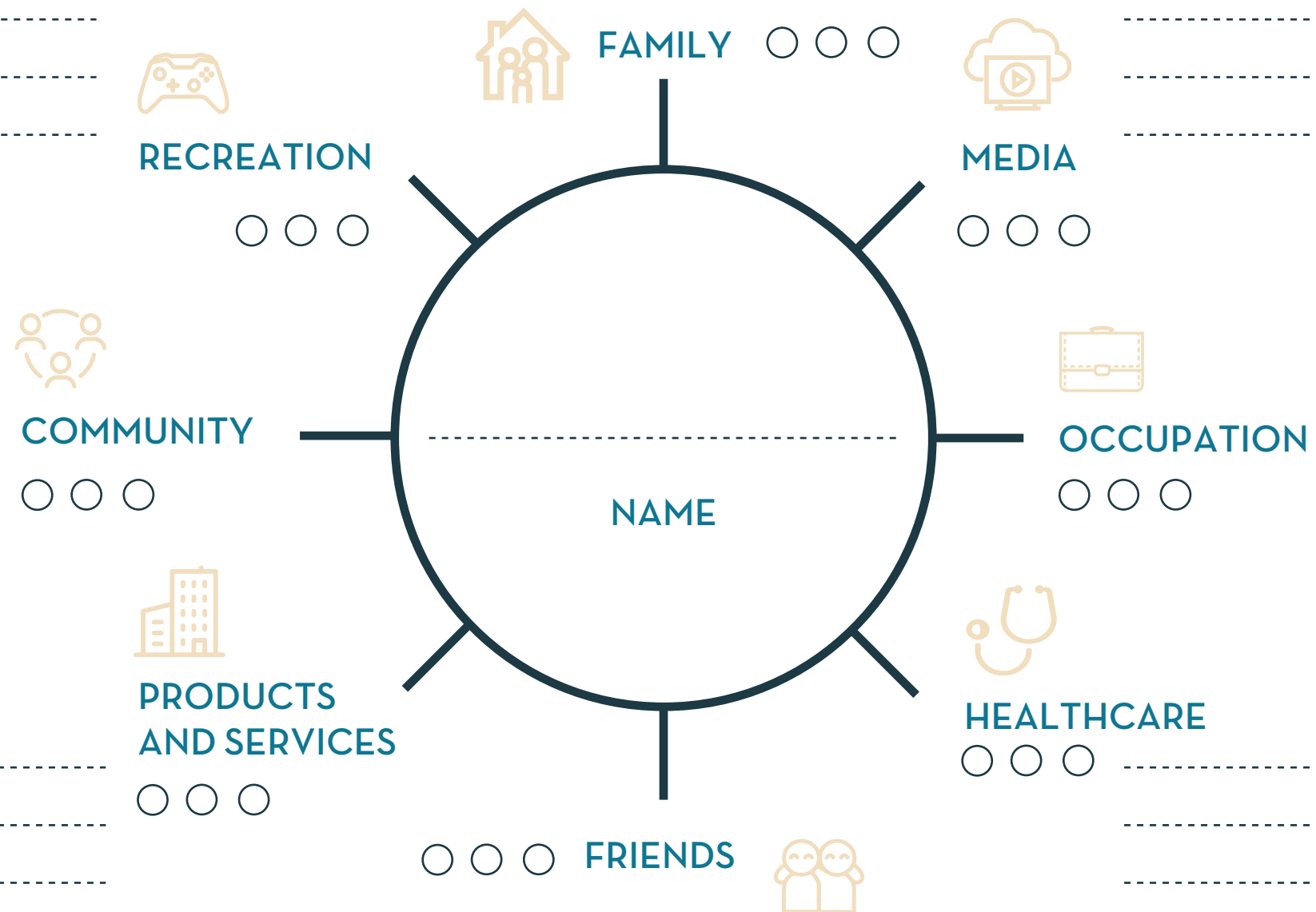
neutral

very
convenient



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