



HealthyBodyHealthyLife
with *Melissa Koerner*

Module I - Part 5 Action Step Plan

3-Step Plan to Create Long-Term Success



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HealthyBodyHealthyLife.com

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Define Your Personal Values

Step 1: Define your physical health needs.

Questions to ask yourself to get clear about your physical health needs:

- Do you have specific health conditions that need attention?
- What are your dietary needs? (what foods? amounts? ratios? frequency? water needs?)
- What are your exercise needs? (what kinds? how much? when?)
- What are your sleep needs? (how much? Ideal bedtime?)

[illegible]



Step 2: Define your mental health needs.

Questions to ask yourself to get clear about your mental health needs:

- What kind of mental challenges you enjoy?
- What kinds of activities stimulate your mind (i.e. watching documentaries, reading about a subject you're interested in, doing crossword puzzles etc.)
- What kinds of activities inspire you and get your creative juices flowing?
- How much quiet and alone time do you need to recharge and feel mentally focused?
- How do you need to arrange your home and work environment to feel focused and productive?

[illegible]



Step 3: Define your emotional health needs.

Questions to ask yourself to get clear about your emotional health needs:

- How much social time do you need to feel emotionally charged and connected?
- What kinds of people do you enjoy socializing with?
- What kinds of activities do you need to do to feel good emotionally—happy, calm, hopeful, inspired etc.
- How do you need to arrange your home to feel comfortable and safe?
- What do you need in your relationships to feel safe, valued and respected?

[illegible]



Do you feel all of your needs are being met?

Honestly ask yourself if all of your needs are being met. If not, which ones do you need to focus your attention on? Start with ONE area and build from there.

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