

Health-Mapping Worksheet

Type of behavior	Describe your ideal actions in this area	How well are you currently doing? Rate yourself from 1-10 (1= very poorly; 10= very well)	How can you help yourself?
Sleep			
Diet (including intake of processed food, sugars, and pop)			
Exercise			
Engagement in life (How proactive are you being in creating infrastructure to allow you to do the things that matter to you, vs being reactive)			
Meditation			
Gratitude			
Alcohol or substance use			
Awareness of body cues (stronger vs weaker)			
Attitude / Optimism			
Self-talk (How you speak to yourself)			

Type of behavior	Describe your ideal actions in this area	How well are you currently doing? Rate yourself from 1-10 (1= very poorly; 10= very well)	How can you help yourself?
Awareness of filters and survival maps			
Relationship to making mistakes			
Coping strategies			
Self-compassion			
Relationship towards challenge or obstacles			
Constructive conflict & taking things as feedback			
Setting boundaries			
Other:			