

WORKSHEET 1

Personal Health GPS Blueprint

Map where you are, define where you are going, and understand what health makes possible for you.

PART 1 — YOUR CURRENT COORDINATES

What does your medical picture look like right now?

Include your diagnosis or condition if you have one. List any medications, recent lab findings, or ongoing symptoms.

What habits, stressors, or life circumstances have contributed to where you are today?

Think beyond the clinical. Consider sleep, stress, relationships, work, and daily routines.

PART 2 — YOUR DESTINATION

What does health make possible for you?

Not 'I want to be healthy.' Go deeper. Who are you showing up for? What do you want to do with this one life?

Examples: showing up at my kid's game, having energy for my partner, caring for aging parents, pursuing my purpose.

Describe your healed self in the present tense — as if it is already true today.

Who is this person? How do they move, think, and show up in the world?

PART 3 — THE GAP

What is one thing keeping your current coordinates from matching your destination?

This could be medical, habitual, emotional, or circumstantial. Be honest. No judgment here.

What is one small step your healed self would take today?

Not a perfect step. Not a dramatic change. Just one honest move in the right direction.

Remember: you do not rise to the level of your goals. You fall to the level of your systems.
