



DOC PRATT MINISTRIES

"PURSUING EXCELLENCE THROUGH CONTINUAL, INCREMENTAL, INTENTIONAL IMPROVEMENT
IN ALL OF THE SIX DIMENSIONS OF HEALTH & WELLNESS"

Doc Pratt's Legacy

If you had the privilege of knowing my dad, Doc Pratt, his memory will bring a smile to your face. He was as hard-working as he was tall (6'6") and as loving and kind as much as he was an Ohio State fan (Go Bucks!). He pitched for Falls First Assembly's church softball team well into his 70s - perhaps you were one of the teammates who went 4 for 4 in a game and Doc gave you \$4 for a Jim Dandy to celebrate. His Sunday School class, which he named The Bereans, benefited from his teaching for decades and had a blast celebrating his birthday every year by attending his Progressive Dinners* (explained at the bottom). Doc dearly loved his wife "Betsy" and doted on her for the 65 years they were married. He was beloved by his many thousands of patients and very well respected for his integrity and wisdom throughout the community. The hearts and lives of his children, grandchildren, and great-grandchildren are forever impacted by his undeniable impression, and I am indeed greatly blessed to have been his daughter. It's hard to believe that he's been gone for four years last month.

His legacy is nearly impossible to replicate. No one will ever fill his shoes. But, in an attempt to bring his legacy and ministry forward, Doc Pratt Ministries has been created.

**Doc Pratt Ministries, an educational 501(c)(3) nonprofit
Building a like-minded community of
"Pursuing Excellence through continual, incremental, intentional
improvement in all of The Six Dimensions of Health & Wellness"
within ourselves first to strengthen and inspire others
through service and Servant Leadership. Just like Doc Pratt.**

Doc Pratt Ministries uses Coach Amy's original curriculum, The Six Dimensions of Health & Wellness (T6DH&W), as a guide for all our events and coaching philosophy. T6DH&W starts with Emotional Wellness, and works its way through Mental Health & Habits, Physical Health, Vocational Wellness, Social Wellness, and finally culminates in Financial Wellness.

T6DH&W curriculum is written for any and every personal growth minded person as a way to maintain health and wellness across all areas of life, much the same way that Doc Pratt as an Internal Medicine physician attended to every aspect of his patients' care.

Many of you know me as Coach Amy or perhaps have seen my red Caravan with its "Coach Amy" decals drive by over the last few years. As Coach Amy, I have had the privilege of helping dozens of clients in setting their desired goals and working together to accomplish them. **Those same coaching services are still available and are a part of Doc Pratt Ministries now.**

Are you Pursuing Excellence? Care to join us?

Doc Pratt Ministries and The Six Dimensions of Health & Wellness do indeed benefit any individual who is Pursuing Excellence. We would love for you to be an engaged part of our community! Perhaps you would rather join us in honoring the legacy of "O.G." Doc Pratt and help carry this vital ministry forward. Your tax-deductible gift will directly fund the development and distribution of these life-changing materials for individual coaching or group study within the Doc Pratt Ministries community and more.

If you have been so kind as to read this far, THANK YOU SO VERY MUCH! We appreciate you more than you know and hope to see you at one of our events or in one of our book clubs. :)

Looking forward to hearing from you soon!

Amy C. Pratt, M.A. (PhD coming December 2026! 🙌)
Executive Director, Doc Pratt Ministries



P. S. - In case you're wondering, Doc's Progressive Dinners* entailed drinks at the first house, appetizers at the second, dinner at the third, and dessert and games at the fourth - all in the same evening!

A FAITH-BASED NONPROFIT DEDICATED TO BUILDING COMMUNITY AND TRAINING IN THE SIX DIMENSIONS OF HEALTH & WELLNESS



Hebrews 12:12-13



330-962-2564



DocPrattMinistries.org



DOC PRATT MINISTRIES

faith-based, educational 501c3 nonprofit

“Pursuing Excellence through continual, incremental, intentional improvement in all of The Six Dimensions of Health & Wellness”

Coach

Teach

Host

COACH
AMY PRATT

Individual, Professional,
Corporate Coaching

Empowering clients in Pursuing Excellence by defining where they are, where they want to go, set steps to get there, and take those steps together.



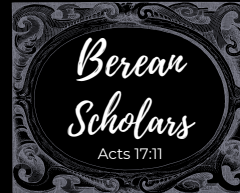
Inspirational Influencers

Weekly livestream podcast, Daily Brew inspiration shorts, and blogs to reach and encourage a broad audience with resources for confidence and success in life and money.

The Six Dimensions of Health & Wellness



A transformative curriculum of Pursuing Excellence by empowering clients to consider each Dimension as an opportunity to live a fulfilling, happy life that becomes a legacy of inspiration and empowerment, just like “Doc” Pratt.



Pursuing Excellence through book clubs, discipleship classes, and access to leading educational content, both online and in person. Doc Pratt believed in the continual personal and spiritual growth that education brings.

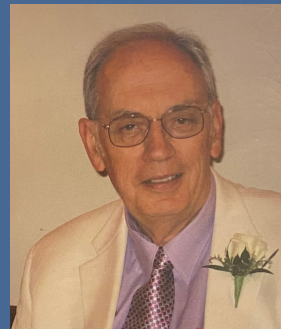


Like-minded community Pursuing Excellence that facilitates connection, personal growth, and opportunities for service through family-style social gatherings and community events.



Are you Pursuing Excellence? Care to join us?

Rooted in the legacy of “Doc” Pratt, we believe in building a like-minded community of Pursuing Excellence within ourselves first to strengthen and inspire others through service and Servant Leadership.



Medical Prescription Form

Patient Information
 Patient name:
 Patient address:

Directions:
 “Keep your chin up and your knees bent”
 The O.G. Doc Pratt

Signature:
 Date:



Hebrews 12:12-13



330-962-2564



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THE SIX DIMENSIONS OF HEALTH & WELLNESS

Doc Pratt Ministries' original curriculum, The Six Dimensions of Health & Wellness, is a transformative guide designed to guide its users to discover and develop their God-given identity and calling and to evaluate each dimension for what needs healing, repair, or growth and establish healthy goals and habits to meet and sustain those goals. By integrating emotional, mental, physical, vocational, social, and financial wellness, clients are empowered to align their passions, gifts, and values with God's plan for their lives. This holistic approach fosters confidence, balance, and a deep sense of purpose, enabling individuals to thrive in every area of life while establishing a sustainable, smooth path toward their unique, clearly-defined, horizon-level goals.

The Six Dimensions of Health & Wellness curriculum isn't meant to be a one-and-done read - it's designed for you to come back to it, again and again, each time digging a little deeper and getting even more out of it. Think of it as a trusted resource you'll want to keep handy on your bookshelf, ready to pull down and work through in its entirety every year, or even every six months. With each pass, you'll notice new insights, spot areas for growth you might have missed before, and continue to strengthen every dimension of your well-being. Life is always changing, so revisiting the curriculum regularly helps you stay on track, adapt, and keep thriving no matter what comes your way.

Stages of Health & Wellness

1- Desert: Extremely lacking, requiring immediate attention and effort

2- Overgrown/Malnourished/
Neglected: Some pruning needed,
some intentional care needed

3- Surviving: Doing well enough but
could do better

4- Thriving: No room for improvement
here and is using a reliable plan for
maintenance.

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Emotional Wellness

1

- A. Identity - Knowing yourself thoroughly is the key to overall health and wellness. Personality traits, strengths, weaknesses, and unique values all lie in the center of your being and directly affect the success in every dimension of life.
- B. Emotion recognition & definition - Emotions are indicators much like a car's dashboard lights. Learning to recognize and define emotions in the moment facilitates proactive measures for wellness rather than reacting haphazardly.
- C. Spiritual Wellness - Doc Pratt Ministries offers an *optional* individual or group Christian discipleship program which uses varied resources from Bible Project Classroom, A Discipleship Journey, The Chosen, and more.

Mental Health & Habits

2

- A. Choosing a Life of Inspirational Influence (Pratt, 2025) - Living a life of inspirational influence occurs by beginning within, gaining solid footing, considering external influences, planning sustenance, and building your team for the journey ahead.
- B. Atomic Habits (Clear, 2018) - Building good habits and breaking bad ones through small, incremental changes that compound over time. Success is less about willpower and more about designing effective systems and environments to support positive behavior. The Four Laws (Clear, 2018) teach how confidence and success can be achieved in these ways.
- C. Cognitive Health - Feeding your brain to keep it agile, strong, and resilient.

Physical Health

3

- A. Nutrition - Glucose Revolution (Inchauspé, 2022) and The MIND Diet (Moon, 2016) provide solid research-based wisdom on eating for physical health. Simple tricks like learning to eat meals in the correct order makes remarkable improvements.
- B. Exercise - The childhood basics of just move and have fun are employed to care for the only body we'll ever have.
- C. Medical - Specified ways to navigate the medical world to benefit your health without feeling like a hypochondriac - The Body Keeps the Score (VanDerKolk, 2014) and peer-reviewed, current research studies teach about the connection between the first three Dimensions: Physical Health, Emotional Wellness, and Mental Health.

Vocational Wellness

4

- A. Calling - StrengthsFinder 2.0 (Gallup & Rath, 2017), skills, values, academic gifts, spiritual gifts all feed into your passion.
- B. Career - Sometimes a person's calling and their career is one in the same. Whether yours is or not, your job is much more than a means to pay your bills. Proximity Principle (Coleman, 2019), when coupled with the valuable information gained thus far through The Six Dimensions of Health & Wellness, guides the search for the fulfilling career.
- C. Seasons - High school guidance counselors will have a young, naïve student believe they have only one chance to choose their lifelong career correctly. In reality, life has seasons and provides space for planning career shifts.

Social Wellness

5

- A. Three intimacy levels - Whether introverted, extroverted, or ambiverted, we all need an innermost 1-3 person circle, a crew of approximately 12, and a larger community to belong to.
- B. Communication skills - Why Don't We Listen Better? (Petersen, 2022) and An Essential Guide to Interpersonal Communication (Schultze & Badzinski, 2015) guide learning how to strengthen relationships with quality communication.
- C. Seasons - Relationships ebb and flow through life, whether by design or necessity. Boundaries (Cloud & Townsend, 2017) and Necessary Endings (Cloud, 2011) begin the deliberation of letting go versus cultivating relationships.

Financial Wellness

6

- A. Money plan - Establishing, practicing, and maintaining a personalized plan for handling finances that serves your desires and goals well. Financial Peace University and Confidence & Success in Money & Retirement (Pratt, 2022) teach how.
- B. Visualizing your horizon - Using a white board and colorful markers, we forget about boundaries and dream about your ideal horizon-level goals and set a plan in motion to achieve them. Everyday Millionaires (Hogan, 2019) and Retire Inspired (Hogan, 2016) bolster this effort.
- C. Planning for Retirement in ALL the ways - Retirement involves much more than just good financial planning (Pratt, 2022).