SelfCare Health Protocol Strategies

YOUR HEALTH IS YOUR WEALTH

Guard it, Feed it, Move it, Love it and Honor your health and it will take care of you with Balance, Health Wellness and Longevity.

You have the chose of
aging gracefully or getting old.

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SelfCare Health Protocol Assessment

1. What do you know about your body and health? This is to identify how close you are to understanding your body and its needs.

2. Do you have a SelfCare Health Protocol? If you do, are all the elements there to assist you in maintaining optimum health? Do you need to add new elements an existent health protocol?

3. If you have a SelfCare Health Protocol, what does it look like? Is it working for you? If not, why? Have you ever thought about developing one? Here you begin to develop your concepts of a healthcare protocol if you don't have one.

4. What do you like about your body – health, emotions?

5. What do you dislike about your body -health, emotions?

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SelfCare Health Protocol Assessment

6. How healthy are you? You can score it 1-10 or write out your thoughts. One is where you may have minor health disharmony and ten is doctors and medication.

7. Are you taking medications? If you are taking medication how much? Is the medication working for you? Are there several health disbarments and multiple medications?

8. Are you taking herbal or micronutrients (mineral/vitamins)? If so, why? Have you seen an improvement in your health? What types? If there is not a change, why?

9. What do you do to improve your health? This begins your personal assessment and where you are in your healing process.

10. Are you eating foods to support your health? If yes, what types?

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SelfCare Health Protocol Assessment

11. Are these foods in season, eaten in a proper combination and according to your blood

12. Are there other elements you need to add or change to your SelfCare Health Protocol? Identify elements you may need to introduce to your protocol.

13. What steps do you need to maintain your health and SelfCare Protocol? This is to assist you with a plan of action on the road to enhance your health.

14. What questions do you have about your Health SelfCare Protocol?

15. How is your emotional health? Are you stressed, angry, frustrated, anxiety, worried, etc. How do you find peace? What does joy look like to you? You are the only one who can create your joy. Is there sadness in your life? Emotions play a large percentage of our heath disharmonies.

16. How are you working with your emotional health?

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17. How is your emotional health impacting your life?

18. Where do you see your mental and physical health going in the future?

19. What is your health goal?

20. How does your health goal impact your daily life?

21. How long will it take for you to reach your health goals?

22. What is the major health goal you are working on or not?

23. What elements do you need in your health toolbox to maintain your health goals?

24. What tools do you need to have in your SelfCare Health Toolbox?

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25. What questions or thoughts do you feel are missing from your health protocol? have? that you would incorporate into your SelfCare Protocol on your that you think you need to be successful living through your SelfCare Health Protocol.

You don't have to share any of your SelfCare Health Protocol with the group. Please take an index card or small piece of paper and write any health disharmonies you may have or you want feedback on during this session. The card is for your privacy that is why you should not put your name on the card. When you get to the healing session place your card or paper in the basket for discussion. DON'T PUT YOUR NAME ON THIS PROTOCOL, CARD OR PIECE OF PAPER. Thank you (Modupe)!

The Desire to Heal Begins with You Loving You

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