

Health-Care Plan for Living Life to the Full

To manage a daily regime of balance and proportion, list five examples of how you will live out each of the following statements. Imagine creating a menu that allows you to choose from a selection of healthy ways to maintain balance and proportion. You are the architect of your health-care plan. Be creative and innovative in your choice making, so that you are nourished and encouraged to live “life...to the full.” (John 10:10)

I will achieve balance in my work by...

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|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

I will strive for order in my professional life by...

- | | |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

I will strive for order in my personal life by...

- | | |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

I will make quality time to recreate by...

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|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

I will make quality time to study and learn by...

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|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

I will reach out to my friends by...

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|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

Handout 13 continued

I will connect with my family by...

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|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

I will exercise by...

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|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

I will seek my growing edge in prayer by...

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|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

I will make contact with my spiritual director, confessor, counselor, prayer group and support group by...

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|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

I will donate some of my time to be in direct contact with the poor by...

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|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

I will increase my spiritual reading by...

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|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

I will maintain quality sleep and restful moments by...

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|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

Handout 13 continued

I will eat meals with others by...

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|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

I will broaden my capacity to receive love and support by...

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|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

I will share my spiritual journey and adventures by...

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|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

I will seek out authentic human relationships by...

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|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

I will look for mentors, coaches, and teachers who will help me grow as a conscious celibate, or as a conscious married person, or as a conscious single person...

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| 1. | 4. |
| 2. | 5. |
| 3. | |

I will inventory my emotional status three times a day and evaluate my anger, anxiety, fear and grief...

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|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

I will look for a second-chance father or second-chance mother to heal...

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|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

Handout 13 continued

I will manage my stress by...

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|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

I will process my personal and professional conflicts by...

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|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

I will accept the responsibility of maintaining my personal happiness by...

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|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

I will nurture and care for myself by...

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|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

I will keep my daily prayer disciplines by...

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|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

During times of temptation, I will...

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|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

When I am out of balance, I will...

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|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

Handout 13 continued

When obsessive thinking begins, I will...

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|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

When compulsive behaviors kick in, I will...

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|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

When sexual fantasies erupt, I will...

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|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

When I am infatuated with another, I will...

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|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |