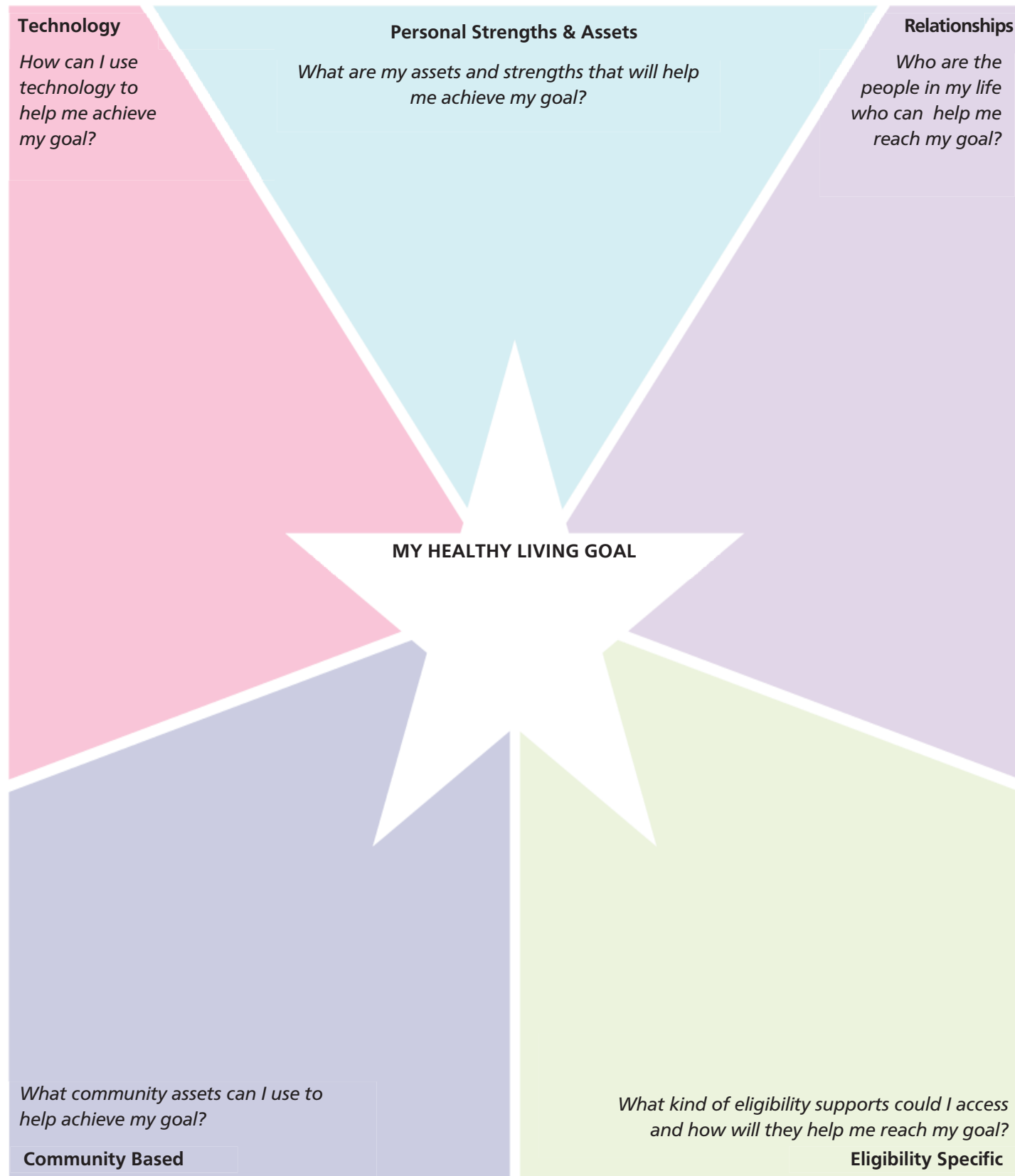




# MAPPING SUPPORTS FOR HEALTHY LIVING

Write your goal for healthy living in the center of the star. List ideas for supports and strategies to make your goal possible in each of the categories.



Access the LifeCourse framework and tools at [lifecoursetools.com](http://lifecoursetools.com)



# My LifeCourse Healthy Living Portfolio



**Why is it important TO ME to be healthy?**

**What is happening NOW with my life and my health?**

 **What supports do I need to achieve my goals for being healthy?**

Specific supports that are helpful, and what is not?

How do I learn best?

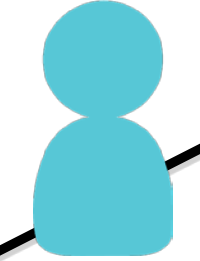
What helps me stay motivated?

What is the best way to encourage me?

# Healthy Living Trajectory Worksheet

**What's working?**  
 Things that have happened in the past that have helped me be healthy.

**What's not working?**  
 Things that have happened in the past that have made me unhealthy.



Write current age here

**What can I do to improve my health?**  
 Steps to take to support my vision for a healthy life

**What are barriers to overcome or avoid?**  
 Experiences and events that will not

## VISION for a GOOD LIFE

What I want my OVERALL "good life" to look like...

What I want my HEALTHY "good life" to look like...

**Healthcare/Health Issues:**

**Disability/Diagnosis specific:**

**Fitness and Nutrition:**

**Wellness- Stress relief, Relaxation:**

## What I DON'T Want

What I DON'T want in my OVERALL life...

Things I don't want for my healthy life...

