



# My Health Design

## MY DAILY DESIGN

The **Daily Design** represents how your experiences of **energy**, **love**, **purpose**, **story**, **identity**, **change** and **community** are shaping your health and well-being today.

- Energy

Love

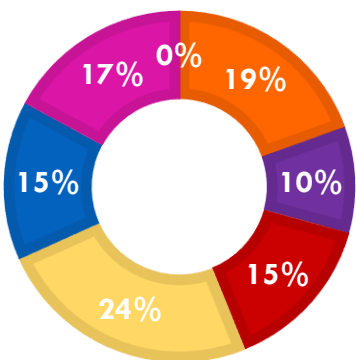
Purpose

Story

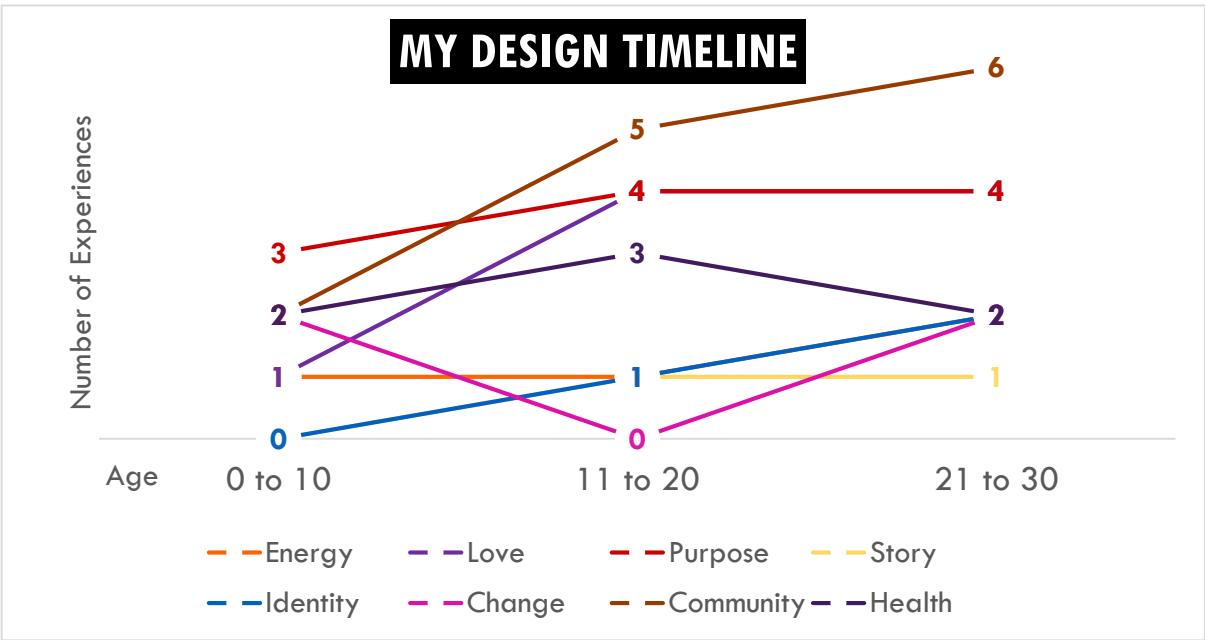
Identity

Change

Community



The **Design Timeline** represents how your experiences of **energy**, **love**, **purpose**, **story**, **identity**, **change** and **community** came together during your significant health experiences throughout your life.



The **Design Symbols** capture your unique **energy**, **love**, **purpose**, **story**, **identity**, **change** and **community** themes in your health design.

## MY DESIGN SYMBOLS

- Mom

Africa

Time

Brother

Anything

Divorce

Being

Program

The **Design Jar** is filled with your unique **energy**, **love**, **purpose**, **story**, **identity**, **change** and **community** dreams, wishes and abilities in your health design.

## MY DESIGN JAR



# My Design Practice

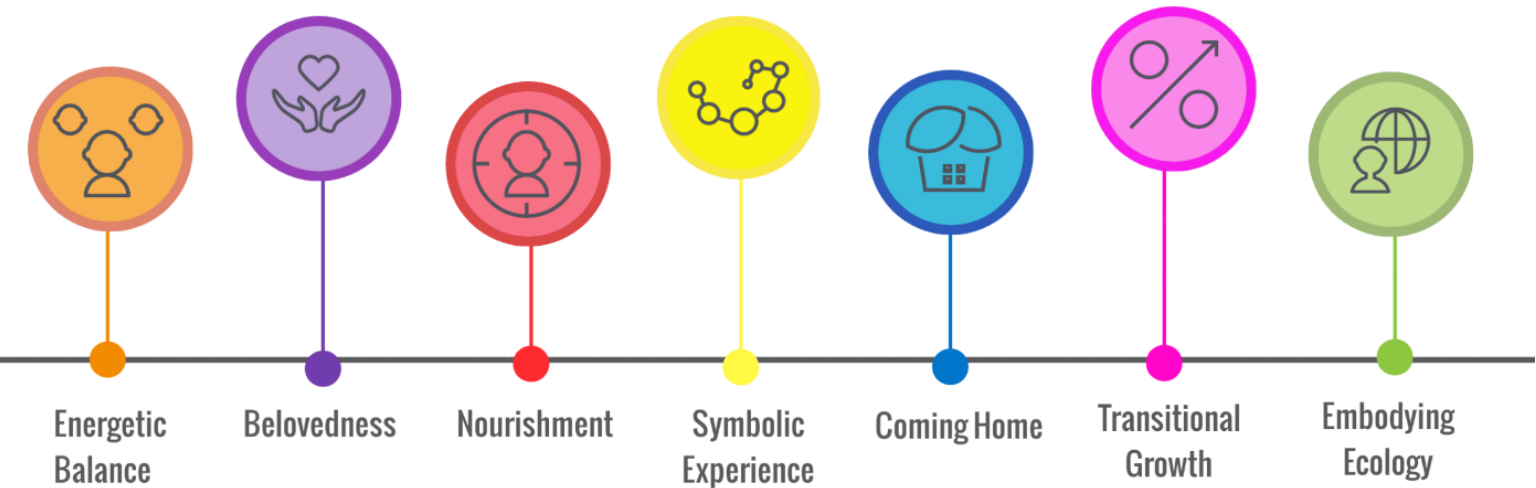
You can shift how your design comes together and shapes your health. We've put together a simple shape shifting practice to help you get started.

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## Reflect on Your Design

Based on your Health Design Story Tool responses, we discovered **Nourishment (Purpose)** has shaped your life and well-being in profound ways.

Find your design below. It's highlighted with a .



Each and every day, we are constantly interacting with everything in our world. As we interact and sense our world, our experiences create emotions which are stored as memories in our bodies. These emotional memories change how our brain, gut, hormones and immune system work together, shaping our ability to live well. There's a unique pattern that comes together again and again and changes our bodies physically. The chart below reveals what experiences, emotions and abilities are gathered up in each design. Once we understand our design, in every moment, we can make shifts so we can live our best health.

Designs		 Life Experience	 Life Experience	 Emotion	 Ability
<b>Energetic Balance (Energy)</b> Are the energies of my mind, body and spirit in harmony?	I am present to energy as I live my life.	<b>Sacredness</b> How often do I notice the simple sacredness in everyday life?	<b>Way of Life</b> Am I eating, sleeping and moving in ways that are beneficial to me?	<b>Hope</b> Am I hopeful as I'm living my life?	<b>Ability to Be Present to Energy</b> How present am I to my experiences in life?
<b>Belovedness (Love)</b> Am I living loved?	I am exchanging love well.	<b>Intimacy</b> How is my connection to self, others and the Divine giving me life?	<b>Belonging</b> Do I feel valued and respected when I'm with those who are close to me?	<b>Delight</b> Am I delighted as I'm living my life?	<b>Ability to Give and Receive Love</b> How well am I loving and being loved?
<b>Nourishment (Purpose)</b> How am I nourishing myself?	I make purposeful choices in life.	<b>Future</b> Am I focusing my resources (time, energy, money) on my life vision, dreams and goals?	<b>Calling</b> Am I enjoying my career, hobbies and educational experiences?	<b>Passion</b> Am I passionate as I'm living my life?	<b>Ability to Enjoy Purpose</b> How purposeful are my choices in life?
<b>Symbolic Experience (Story)</b> How is my health symbolic of my life?	I am creating a meaningful life.	<b>Voice</b> Am I expressing myself authentically and being heard?	<b>Resonance</b> What am I telling myself because of the events in my life?	<b>Wonder</b> Am I filled with a sense of wonder as I'm living my life?	<b>Ability to Create Story</b> How am I creating a meaningful life?
<b>Coming Home (Identity)</b> Have I come home to myself?	I am okay with who I am.	<b>Enoughness</b> Do I believe I am enough as I am?	<b>Embodiment</b> Am I fully living as who I am - emotionally, spiritually and physically?	<b>Satisfaction</b> Am I satisfied as I'm living my life?	<b>Ability to Accept Myself</b> How fully have I accepted myself?
<b>Transitional Growth (Change)</b> Am I growing through the transitions in life?	I respond to change by transforming.	<b>Metabolism</b> How am I processing the loss and trauma in my life?	<b>History</b> How is my health history shaping my health today?	<b>Contentment</b> Am I content as I'm living my life?	<b>Ability to Grow with Change</b> How well do I tolerate pain so I can grow?
<b>Embodying Ecology (Community)</b> How is my environment being embodied in my health?	I allow my community to support and ground me.	<b>Place</b> How are cultural, political and economic contexts intersecting in my life?	<b>Family</b> What intergenerational patterns are showing up in my life?	<b>Courage</b> Am I courageous as I'm living my life?	<b>Ability to Trust Community</b> How do I trust the support from my community?

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Envision Your Design Gift

Your design has a gift. Your gift is **enjoying your purpose**. You might have already opened this gift and are using it really well right now. Or maybe you need some support to open it more fully in your life.

It’s important for you to have a vision about what this gift looks like in your life. In order to shift your design, awareness of how your experiences and emotions are shaping your health is important. We’ve found focusing on envisioning your design gift is the best place to start.

What does **enjoying your purpose** look like for you? What does it mean to you? When you are **enjoying your purpose**, how would you or someone close to you recognize your are embodying this gift?

Everyone likes to create a vision a bit differently. Below are some options. Circle your choice.

- Create art
- Write a poem
- Dialogue or journal
- Construct a bubble diagram
- Tell a story
- Put together a vision statement
- Compose a song
- Write a life script
- Cut and paste pictures on a vision board
- Another option: \_\_\_\_\_

I will finish my vision by \_\_\_\_\_. You choose the date.

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Create an Every Day 8:1:8 Rhythm

We’re going to teach you a quick daily practice to support you as you open your gift more fully each day. You can learn it [here](#).

The times I’m choosing to practice are: \_\_\_\_\_

Write your times in the clocks. At these times each day, you’ll listen to the 8:1:8 practice. You can download it from the [website](#). After you finish the practice, you’ll record your reflections in the chart below.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
							
							
							

