

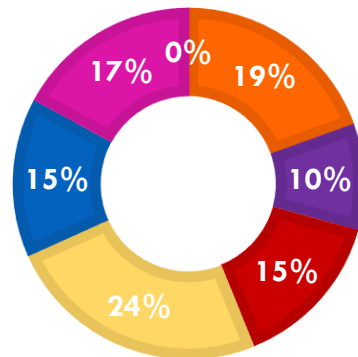


My Health Design

MY DAILY DESIGN

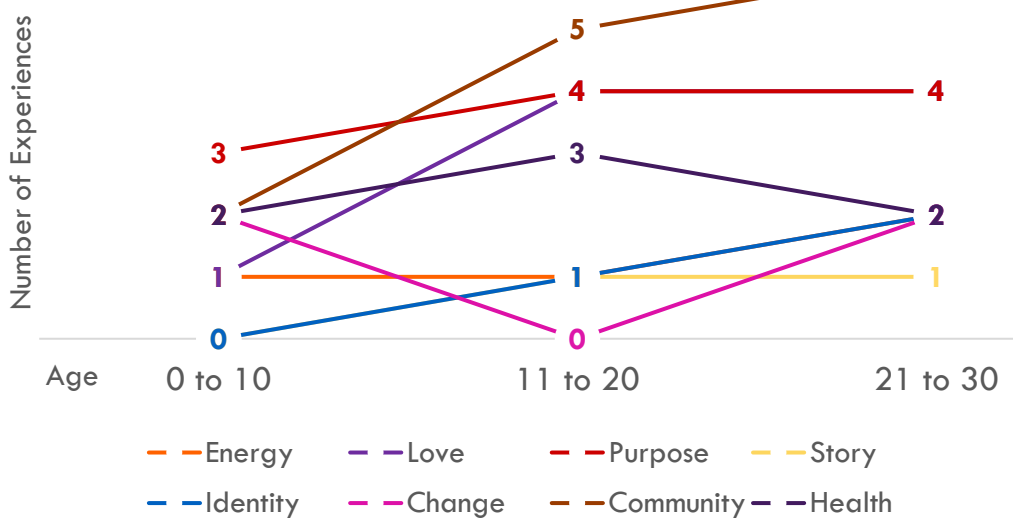
The **Daily Design** represents how your experiences of **energy**, **intimacy**, **purpose**, **story**, **identity**, **change** and **community** are shaping your health and well-being today.

- Energy
- Love
- Purpose
- Story
- Identity
- Change
- Community



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

MY DESIGN TIMELINE



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

MY DESIGN SYMBOLS

- | | |
|---------|----------|
| Mom | Anything |
| Africa | Divorce |
| Time | Being |
| Brother | Program |

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

MY DESIGN JAR

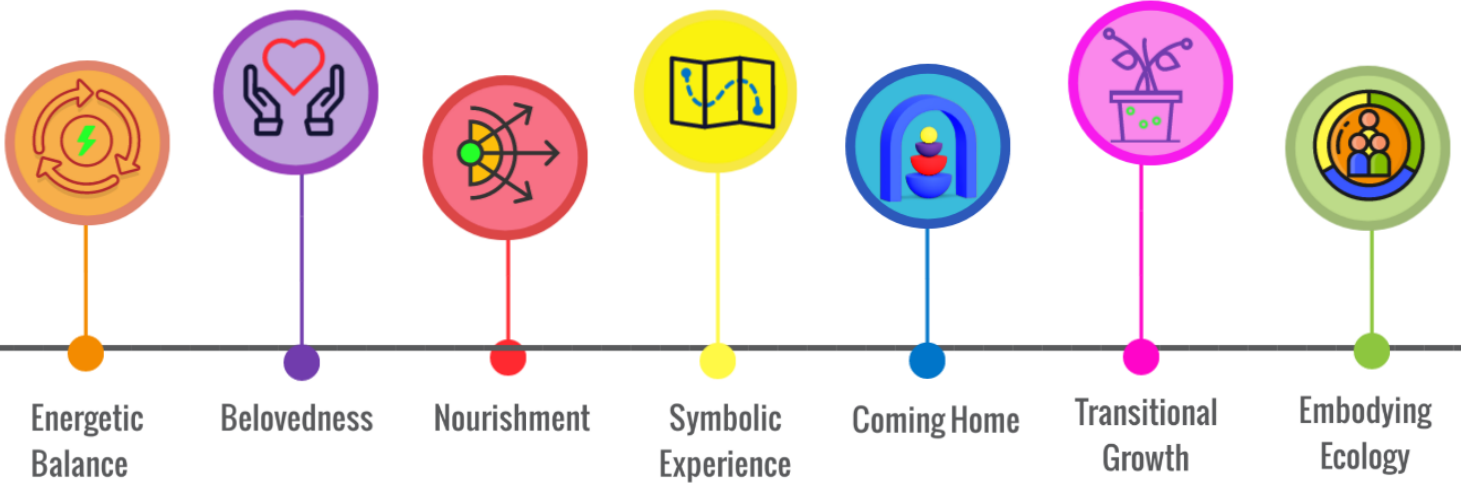


My Design Details

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