

# The Impact of Lifestyle

Making Healthier Choices for a Better Future

Part 4: The OptiHealth Model Worksheet

## My Past, Present, and Futures

Knowing the low cost and high return of a healthy lifestyle, are you willing to make therapeutic lifestyle changes in order to achieve and maintain optimal health? Yes - No - Maybe

### INSTRUCTIONS

Using the "My Life Graph" worksheet and 3 colored pens (black, red, blue), plot your Life Courses as explained below.

**1. Your Present Position** - using a BLACK pen:

- Mark your current **Age** in years along the **Quantity Scale** along the bottom.
- Mark your current **Health Status** (% of Potential) along the **Quality Scale** on the left-hand side.
- Place a large "**Dot**" in the Life Graph area where the two side-marks would **intersect**.

**2. Your Past Life Course** - using a BLACK pen:

- Plot your **Health Status** with small "dots" at 5-year increments going **backwards** from your present position to your **Birth**.
- Then, **connect** the dots.

**3. Your Probable Future Life Course** - using a RED pen:

- If you were to continue your **current** lifestyle...
- Mark your probable **Age** in years at Death along the **Quantity Scale** along the bottom.
- Plot your probable **Health Status** with small "dots" at 5-year increments going **forward** from your present position to your probable Age at **Death**.
- Then, **connect** the dots.

**4. Your Potential Future Life Course** - using a Blue pen:

- If you were to develop an "**optimal**" lifestyle...
- Mark your potential **Age** in years at Death along the **Quantity Scale** at the bottom.
- Plot your potential **Health Status** with small "dots" at 5-year increments going **forward** from your present position to your potential Age at **Death**.
- Then, **connect** the dots.

**Optional:** Color the **area** of the graph **between** your probable and your potential life courses light green using a colored pencil.

### QUESTIONS

1. Considering your options for your Future life course, which future do you choose?

\_\_\_ Your Probable Future Life Course

\_\_\_ Your Potential Future Life Course

2. Would it be "worth the effort" to **change** your lifestyle? (Costs/Benefits Analysis)      Yes      No

**Costs:**

**Benefits:**

3. When would be the best time to **start** developing a healthier lifestyle?

-- YOUR "optimal lifestyle" for YOUR optimal health and life!

Date: \_\_\_\_\_