

# Whispers Start Here Tool



Health is a Journey not a Destination— Dr. Judith Davis



This tool can jumpstart your journey; connecting current status to future desires. Personally, I fill out this tool every 2 months. Here's how to fill it in:

## I. Current Rank

- a. Use a number scale of I-10 to determine how rank in each dimension of health.
  - i. I= very poor
  - ii. 10 = Perfect for YOUR journey

## 2. Future Rank

- a. This is where you want to be within the next 2 months
  - i. Remember we want quick incremental progress, not long-term goals

## 3. Steps to Improve

- a. Here I want you to list 2-3 bullets of immediate small steps you can take if your current rank is lower than your future rank.

## 4. This exercise should take 15-20 min

- a. Let yourself have this time....

Place Notes Here:



Wellness Dimension	Current Rank	Future Rank	Step to Improve
Social			
Physical			
Emotional			
Professional			
Environmental			
Intellectual			
Spiritual			

