

Exercise 5: Your “Why?” and Wake Up Call Answers

Whole Person Concept Question	“Why this is important to you?” Answer	The Wake Up Call Your What the Heck!! Answer “What major change would make you take action before it’s too late?”
Physical health example (i.e., freedom from aches and pains)	<i>My physical health allows me to enjoy the good things in life.</i>	<i>An emergency ambulance ride to the hospital because the doctor was right in telling me I was a prime candidate for a heart attack in the next 2 years because I’m an overweight couch potato.</i>
Why is my <i>physical</i> health important to me?		
Why is my <i>intellectual</i> health important to me?		
Why is my <i>social</i> health important to me?		
Why is my <i>spiritual</i> health important to me?		
Why is my <i>financial</i> health important to me?		