



REVIEW ACTIVITY

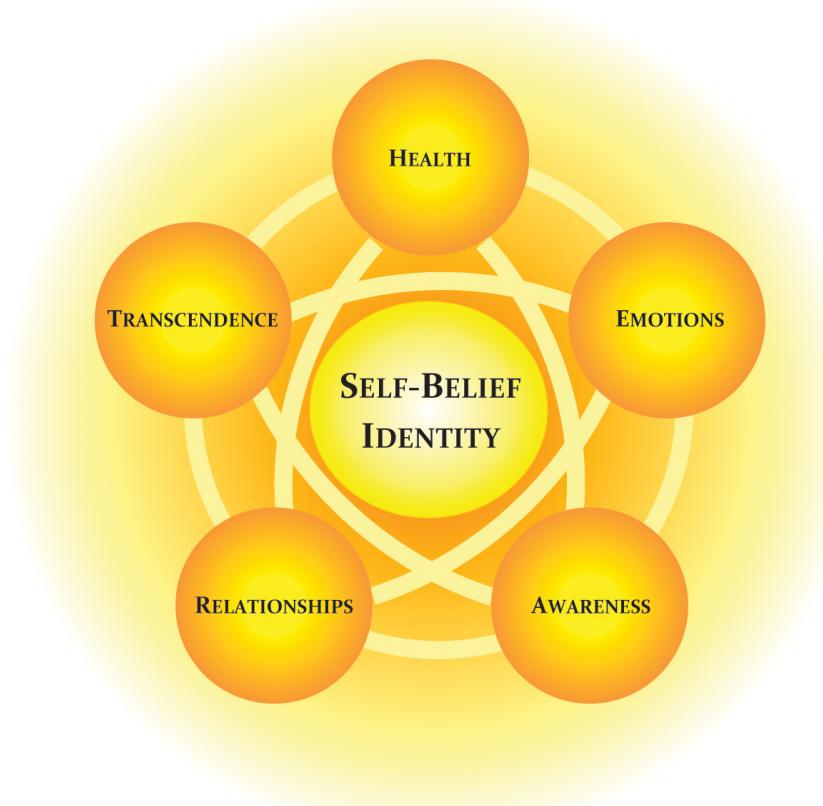
Chapter 2

Before going on to the next chapter, take a few minutes to better understand how you can achieve enhanced Health Integration. The following exercise illustrates how these five essentials contribute to our physical wellness and psychological well-being.

How goes your HEART™?

In some cultures, the heart represents the whole individual—not just their emotions. Indeed, we could imagine that a person who was truly heartless would lack the core qualities of being human. It is easy to see the differences between someone who is disheartened or half-hearted and someone who is wholehearted.

People in one Central America community greet each other with the question, “How goes your heart?” Because our hearts characterize who we are, we can use this question to review our own sense of wellness and well-being. The five interrelated essentials of Health Integration are illustrated in the HEART diagram below. Each one impacts the other four essentials. In order to achieve a high degree of integrated wellness and well-being, we need to understand all of them.



THE PERSONAL HEART REVIEW™

The Personal HEART Review answers important questions concerning your Health Integration. As you read each statement below, consider whether it accurately reflects how you have lived during the last six months. At the end of each of the five sections, write down how many statements are completely true or almost completely true.

After you're finished, [follow the instructions for scoring the results](#) of your Personal HEART Review.

THE ESSENTIALS OF HEALTH INTEGRATION

HEALTH—developing physical wellness based on the principles of healthy living

- I enjoy healthful activities, such as walking, five or more days a week.
- I care for my eyesight, hearing, teeth, and my overall physical health, and I seek healthcare when it is needed.
- I do not harm myself with tobacco, alcohol, drugs, reckless driving, or dangerous activities.
- I sleep well for at least seven hours and feel refreshed when I wake up.
- I keep myself sufficiently hydrated, and I eat enjoyable, nutritious foods that include daily portions of fruits and vegetables.
- My weight is within a healthy range and I like the way my clothes feel on me.
- I live a simplified life without a lot of clutter and my home is well cared for.
- I enjoy living in my home because it is a wonderful place where I relax and renew.
- I appreciate the natural beauty of the outdoors and do not pollute my environment.
- I look for ways to improved my health and do what I can to stay healthy.

_____ How many of the 10 statements above are true or almost completely true about your *health*?

EMOTIONS—developing emotional balance and enjoyment through self-understanding

- I consistently regulate my emotions when I am angry, sad, anxious, or resentful.
- I know how to soothe myself when I feel distressed.
- I handle stress well with humor, kindness, exercise, or other positive coping skills.
- I use a sense of guilt to change how I behave if I am incorrect or inappropriate.
- I realize shame beliefs (e.g., “I am bad,” “I am ugly”) are inaccurate and I strive to resolve any shame.
- I understand myself and regulate any impulsive behaviors.
- I am mindful of my feelings and I know how to appropriately express them.
- I recognize when I feel accused, guilty, rejected, unlovable, or powerless.
- I foster becoming more worthy, acceptable, and capable.
- I have a heartfelt sense of my worth and I believe, “I am worthy to be loved.”

_____ How many of the 10 statements above are true or almost completely true about your *emotions*?

AWARENESS—developing the conscious use of our mental abilities

- I have a generally positive, realistic perception of myself.
- I feel a sense of appreciation, wonder, and enjoyment about my life.
- I continue to learn and improve through consistent personal development.
- I positively contribute to others and I am open to learning from others.
- I have five or more activities that I enjoy, and I regularly engage in fulfilling leisure interests.
- I do not compare myself with others.
- I believe mistakes are essential for my learning and growth.
- I evaluate my important life experiences to gain greater understanding and insight.
- I am clear about my values and rely on them to make effective decisions.
- I honor my promises to others and myself.

_____ How many of the 10 statements above are true or almost completely true about your *awareness*?

RELATIONSHIPS—developing caring and satisfying connections with others

- I am genuine—I strive to be consistently truthful, reliable, trustworthy, authentic, and sincere.
- I am respectful—I recognize that others have the right to make their own decisions even if I do not agree with them.
- I am empathetic—I listen and do my best to understand others and their emotions even when they are mad, sad, anxious, or distressed.
- I am accepting—I acknowledge others as they are, and I do not impose my expectations, values, or judgments on others.
- I am trustful—I recognize that most people are basically good-hearted, and I acknowledge the best about others.
- In each of my relationships, I create at least five positive interactions for every negative one.
- I ask others to forgive me and I make amends. I forgive others to free myself from resentments.
- I have close friends and/or a partner and do all I can to achieve our mutual best interests.
- I feel close to my family members, and I have worked through any past problems.
- I value the innate worth of every person.

_____ How many of the 10 statements above are true or almost completely true about your *relationships*?

TRANSCENDENCE—developing enrichment through inspiring and uplifting influences

- I value the diversity of life and enjoy natural beauty.
- I seek to be inspired and use uplifting influences for my personal guidance.
- I revitalize myself daily by reading positive literature or engaging in other enriching activities.
- I enjoy meditation, mindfulness, or prayer, and I am open to receiving inspiration.
- I nurture myself with encouraging thoughts, positive feelings, and constructive experiences.
- I consciously look for the blessings in my life.

- I practice thankfulness every day and frequently express my appreciation.
- I trust my intuitive instincts as a resource of valuable insight.
- I keep good thoughts in my heart for others and enjoy an abundance of love.
- I have a fulfilling life that is meaningful for me.

_____ How many of the 10 statements above are true or almost completely true about your *transcendence*?

Scoring The Personal HEART Review

In the blocks below, record the totals for each of the five HEART essentials of Health Integration by coloring in the appropriate number of blocks in each column, starting from the bottom up.

| HEALTH | EMOTIONS | AWARENESS | RELATIONSHIPS | TRANSCENDENCE |
|--------|----------|-----------|---------------|---------------|
| 10 | 10 | 10 | 10 | 10 |
| 9 | 9 | 9 | 9 | 9 |
| 8 | 8 | 8 | 8 | 8 |
| 7 | 7 | 7 | 7 | 7 |
| 6 | 6 | 6 | 6 | 6 |
| 5 | 5 | 5 | 5 | 5 |
| 4 | 4 | 4 | 4 | 4 |
| 3 | 3 | 3 | 3 | 3 |
| 2 | 2 | 2 | 2 | 2 |
| 1 | 1 | 1 | 1 | 1 |

When you have finished, take a few minutes to think about what you have learned from your scores. If your score in any of the five HEART essentials—*health, emotions, awareness, relationships, and transcendence*—is five or below, you may want to pay more attention to that area.

The Personal HEART Review can be used like a compass to chart increased Health Integration. It can help you visualize those areas that you may want to focus on. Give particular consideration to those areas you feel would be of greatest benefit to you. If you have any serious concerns, you may want to ask for assistance from a trusted friend or a healthcare professional.

We all know that ignorance limits our ability to respond to challenges and opportunities. Conversely, being more aware of positive qualities adds to our capabilities. One of the fascinating features of this review is that our added awareness makes us more subconsciously responsive to prospects for improvement. You can experiment with this by putting the review away for a while. Mark on your calendar a reminder to look at it again after three months. You will probably discover you have checked off more of the boxes and have achieved a greater degree of Health Integration.

Consider taking The Personal HEART Review regularly. Over time, as you become aware of the five essentials, it is likely your score will continue to naturally increase. To accelerate your progress, ask a trusted friend to serve as your adviser.

The adventure of life is like a canoe trip down a winding river. We do not know what lies around the next bend, what rapids might challenge us, the natural wonders we will see, or the people we will have the opportunity to meet. The journey of our life will be largely determined by how we respond to these new opportunities. The Personal HEART Review for Health Integration can increase our wellness, enjoyment of life, and fulfillment.

Write down any thoughts you have about Health Integration and the five HEART essentials: *health, emotions, awareness, relationships, and transcendence*.

[Link]Download a PDF of the Chapter 2 Additional Activities, “Exploring HEART.”