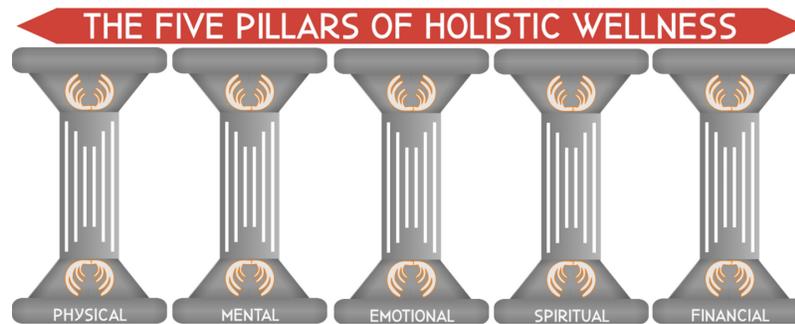


5 Pillars Clarity Worksheet



I have a personalized approach called the “Five Pillars of Holistic Wellness.” The idea is a result of my study of Chinese martial arts, healing arts, and philosophy. In Chinese culture, there exists a concept called the “Wu Xing” or “Five Phases/Elements.” This theory has been used for centuries to explain the relationship and interactions found in nature – everything from the changing of the seasons to the changes in the socio-political climate. There is even an entire method of Chinese medicine devoted to the use of the Five Phases theory to diagnose and treat illness.

The Five Pillars of Holistic Wellness is my way of looking at the relationship of the major parts of life. The pillars support who we are and what we are able to do.

The Five Pillars are:

- Physical Wellness
- Mental Wellness
- Emotional Wellness
- Spiritual Wellness
- Financial Wellness

Why holistic? Because life is not simply a series of unrelated events. Every aspect of our lives has an effect on the other. If you want to live your life to its fullest, you need to understand how each part works to support or detract from the others. My method for mindfulness practice incorporates this theory as a way to create clarity of focus.

Use this worksheet to gain clarity on how your goals will impact your holistic wellness.

5 Pillars Clarity Worksheet

My goal is: _____

The pillar my goal directly impacts is: _____

The benefits of achieving my goal

Physical: _____

Mental: _____

Emotional: _____

Spiritual: _____

Financial: _____

The supporting habits and actions I need to achieve my goal

Physical: _____

Mental: _____

Emotional: _____

Spiritual: _____

Financial: _____

Who I need to be

Example Worksheet

My goal is: Lose 20 pounds

The pillar my goal directly impacts is: The physical pillar

The benefits of achieving my goal

Physical: I will be able to fit into my old clothes

Mental: I will have a better self-image

Emotional: I will feel less depressed

Spiritual: I can donate my current wardrobe to a homeless shelter

Financial: I won't have to keep buying new clothes

The supporting habits and actions I need to achieve my goal

Physical: I need to do some type of exercise every day

Mental: I need to learn about nutrition

Emotional: I need a workout buddy

Spiritual: I need to join a support group

Financial: I need to work one extra shift to pay for a personal trainer

Who I need to be

In order to achieve my goal, I need to be dedicated, focused, and determined.
