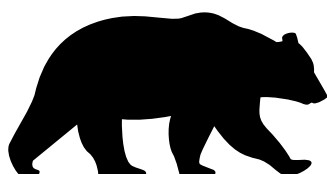


# Your Precision Health Plan & Work Book



# Step 1: Social



## Optimising Social - Part 1

‘Social’ the number one lifestyle priority for Guardians. Guardians love deeply, are great huggers, enjoy strong connections, and care well for family and close friends. They are sociable, loyal, easy to get along with and great listeners. Family and those they consider as family are very important to them. A Guardian enjoys a relaxed social environment where they can have deep conversations and connections with the ones they love. However, Guardians may withdraw or feel defensive if they don’t feel accepted or understood.

Now, it’s time to see what Shae has identified as being particularly important for you under ‘Social’ section. Read through the information in Shae under Social and have a go at completing this section ahead of your next appointment.

People Who Energise Me Are:

To be around these people I need to:

People Who Drain My Energy Are:

To care for myself best I need to:

People Who Are Easy-Going, Non-Judgemental And Great To Be Around Are:

People I Feel I Can Have Long Conversations With Are:

People Who Completely Accept Me Are:

When I Nurture And Care For Others.....

What impact do I make on them?

How do they tell me about the impact or thank me?

What results come about from my nurturing?

My Favourite Way to Communicate Is:

I'll help others to understand this about me by:

## Optimising Social - Part 2

(We will complete this together in the next appointment)

3 Insights Into How I Can Enjoy My Social Life Best Are:

1.

2.

3.

I Can Support People In My Life Best By:

I'm excited to try this by:

When I support people I love, I feel....

People In My Life Can Support Me Best By:

I'm interested to explore this by::

To Make Time For Myself And Do Exactly As I Please (To Fill My Cup) I Will:

# Putting Social Goals into Action

These Are The Social Insights I'm Going To Put In Place In # days/weeks

1:

2:

Do I need to WOOP again?

**WISH:** Consider the next period of time....what is your one dearest wish that you would like to fulfil and that would be possible in this time frame e.g. going to bed earlier, eating breakfast, doing some exercise. Make it challenging, but something that is possible to achieve. Write your wish down here.

**OUTCOME:** What is the best outcome that you associate with fulfilling your wish? How would it make you feel? Perhaps it's feeling strong or needed, being there for others. Take a moment to find the BEST thing about achieving your wish. Summarise that into 3-6 months in your mind. Now truly imagine it - how does it feel, taste, smell....? You can jot this down here too.

**OBSTACLE:** What holds you back from realising your wish? What stands in your way? Maybe its something inside you - an emotion, or behaviour, or self-talk, stubbornness, caring for others? Take a moment to reflect on this. Summarise it in 3-6 words below. Now, imagine that obstacle at it's fullest, what does it look like? Fell like? Sound, taste or Smell like? Jot it down here.

**PLAN:** What can you do to overcome your obstacle? Identify one action you can take or one thought you can think to remove your obstacle. Summarise it in 3 to 6 words in your mind. Now make an IF-THEN plan and write it down

If {obstacle} THEN I will [behaviour to overcome your obstacle].

IF

THEN I will