

My Health Care Plan

What is my Health Care Plan

For my body? Be Specific!

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For my mind? Be Specific!

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For my stress? Be Specific!

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For my spirit? Be Specific!

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What do I need to do to accomplish this? How do I implement these plans regularly even in the face of all other life's demands?

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With whom do I do this?

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Where do I do this?

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When do I do this?

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Here is what I promise to do and when:

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Now I will enter Each One of these action items into
My Accountability Project Manager
and DO "It"!

Your Health Care Plan
won't evolve and sustain itself
by Wishing
"It".

