

Welcome to Integrative Health Coaching!

I'm excited that we will be working together. As a health coach, I will be partnering with you to help you make positive changes in your life that you feel will help you live life to the fullest. Change is a nonlinear process and we will be doing some self-discovery to help you understand your innate positive qualities that can be further enhanced and developed to move you closer to a future healthier, more balanced vision of yourself. I look forward to collaborating with you to help you establish some goals and to find manageable action steps to reach them. I have found through the coaching process that as clients have learned to slow down, look within, become more familiar with their minds, and care lovingly for their bodies, they are more able to face all of what life delivers with an inner well of strength and freedom.

Integrative Health Coaching is not just about your physical well-being, it is also about you as a whole person: your values, goals, work, balance, fulfillment, and life purpose. Through the coaching process, we will work together to improve your ability to make positive changes to enhance your quality of life. Through exploring your internal motivators and desires we hope to attain a consistent commitment to action so you are able to move forward in a healthier direction. This proactive working relationship will accelerate your progress by providing greater focus and awareness so you are more inclined to make decisions and direct your choices to those that serve your goals and higher interests.

Our initial appointment is meant to jumpstart our relationship. We will be designing how we will work together, which will include anything you wish to say about how you want me to coach you, and what tools and structures I bring. You will help me gain an understanding of who you are, what you wish for in your life, and how I can help you reach your health goals.

I've enclosed homework for you to complete as part of our intake process. In order to maximize our time together, please spend some time giving the homework careful thought. We will be working with this information in our first session. It is meant to spark your thought process for our first visit and begin to set the foundation we'll be working from.

Please print out and bring all of the completed intake forms with you to our first session.

Again I look forward to our time together and will assist in any way I can to help you achieve your optimal health and well-being goals.

Warm Regards,

Mary Rasmussen  
Integrative Health Coach tel: 513-791-5521 ext.22  
Alliance Integrative Medicine  
mary.rasmussen@myhealingpartner.com

# Personalized Health Plan

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Integrative Health Coach: Mary Rasmussen

## **1. What is your Optimal Health Vision?**

*How would you like to feel and look? What activities would you like to be able to do? Paint a vivid word picture of what optimal health would be like for you. You may want to review the areas on the following “Current and Desired States” form to stimulate your thinking about an ‘overall’ optimal health vision.*

## **2. What is most important to you as you think about your Optimal Health Vision?**

**List and/or describe at least 3 values that your vision represents.**

*You may want to list more areas and to prioritize them.*

## Duke Integrative Medicine -Wheel of Health / Current & Desired States

**3. For each area, please take a moment to consider where you are and where you would like to be.  
In each “current” box, briefly note the reasons you chose your number.**

<b>Mindful Awareness</b>	
Awareness of the present moment; paying attention to what you are doing while you are doing it.	
<p><b>CURRENT – WHAT’S SO?</b> On a scale of 1 (low) - 10 (high), how would you rate this area of your life?</p> <p style="text-align: center;">1   2   3   4   5   6   7   8   9   10</p>	<p><b>DESIRED STATES</b> Improvements, changes or enhancements. What would make this area a “10” for you?</p>
<b>Movement, Exercise &amp; Rest</b>	
Activities of daily living like cleaning and gardening as well as stretching, dancing, yoga, walking, running, cycling etc. balanced with adequate rest and relaxation.	
<p><b>CURRENT – WHAT’S SO?</b> On a scale of 1 (low) - 10 (high), how would you rate this area of your life?</p> <p style="text-align: center;">1   2   3   4   5   6   7   8   9   10</p>	<p><b>DESIRED STATES</b> Improvements, changes or enhancements. What would make this area a “10” for you?</p>
<b>Nutrition</b>	
Eating a balanced, healthy diet.	
<p><b>CURRENT – WHAT’S SO?</b> On a scale of 1 (low) - 10 (high), how would you rate this area of your life?</p> <p style="text-align: center;">1   2   3   4   5   6   7   8   9   10</p>	<p><b>DESIRED STATES</b> Improvements, changes or enhancements. What would make this area a “10” for you?</p>

## Physical Environment

Spaces where you live/ work (light, noise, toxins, color), as well as landscapes surrounding those spaces.

### CURRENT – WHAT’S SO?

On a scale of 1 (low) - 10 (high), how would you rate this area of your life?

1 2 3 4 5 6 7 8 9 10

### DESIRED STATES

Improvements, changes or enhancements. What would make this area a “10” for you?

## Relationships and Communication

Spending time with family, friends and/or coworkers who are supportive and with whom you communicate effectively.

### CURRENT – WHAT’S SO?

On a scale of 1 (low) - 10 (high), how would you rate this area of your life?

1 2 3 4 5 6 7 8 9 10

### DESIRED STATES

Improvements, changes or enhancements. What would make this area a “10” for you?

## Spirituality

Seeing purpose and meaning in something larger than one’s self; may include religious affiliation or other areas such as nature or the arts.

### CURRENT – WHAT’S SO?

On a scale of 1 (low) - 10 (high), how would you rate this area of your life?

1 2 3 4 5 6 7 8 9 10

### DESIRED STATES

Improvements, changes or enhancements. What would make this area a “10” for you?

## Personal and Professional Development

Growing and developing one's own abilities, talents and interests, both in 'being' and 'doing', and living with both in balance.

### CURRENT – WHAT'S SO?

On a scale of 1 (low) - 10 (high), how would you rate this area of your life?

1 2 3 4 5 6 7 8 9 10

### DESIRED STATES

Improvements, changes or enhancements. What would make this area a "10" for you?

## Mind-Body Connection

Paying attention to the interconnectedness of the mind and body and the effects they have on each other. Using techniques such as breathing practices, meditation, progressive muscle relaxation or guided imagery to activate the body's relaxation and healing response.

### CURRENT – WHAT'S SO?

On a scale of 1 (low) - 10 (high), how would you rate this area of your life?

1 2 3 4 5 6 7 8 9 10

### DESIRED STATES

Improvements, changes or enhancements. What would make this area a "10" for you?

## Professional Care: Prevention and Intervention; Conventional and Complementary Approaches

Routine screenings such as mammograms, prostate screenings, colonoscopies, pap tests, dental exams, along with prescribed use of vitamins and supplements; Following treatments recommended by your conventional medical care providers as well as recommended complementary approaches such as acupuncture, massage, hypnosis, osteopathy.

### CURRENT – WHAT'S SO?

On a scale of 1 (low) - 10 (high), how would you rate this area of your life?

1 2 3 4 5 6 7 8 9 10

### DESIRED STATES

Improvements, changes or enhancements. What would make this area a "10" for you?

## Further Definitions

(To help clarify your understanding of the terms on the Current and Desired States Form).

Mindful Awareness: How much do you run on 'automatic pilot' and tend to 'tune-out' of what's going on around you? Practicing mindfulness means to pay more careful attention in a particular way. When we are mindful, we are aware of what's going on outside and inside our own skin. All of our senses are alive and active and we know what is happening in this, the present moment. We allow ourselves to become more deeply and completely aware of what it is we are sensing.

Movement, Exercise and Rest: Most adults should do 30 minutes of exercise, 5 days per week. To break this down further it's suggested a minimum of 2 ½ hours a week of moderate-intensity aerobic activity (i.e. brisk walking, dancing, gardening) or 1 ¼ hours of vigorous aerobic activity (i.e. jogging, aerobic dancing, jumping rope) in episodes of at least 10 minutes, and preferably spread throughout the week. There should also be some muscle-strengthening activities (i.e. pushups, weight bearing exercises, yoga).

Nutrition: Developing a healthy and balanced nutritional program is a cornerstone for attaining optimal health. Traditional American diets contain excessive amounts of processed foods which contribute to the development of disease and impede the healing process. Do you take the time to find nutritious foods and cook at home?

Physical Environment: The spaces we inhabit have a major impact on how we feel, physically and emotionally. For example the climate, urban/country, your view, your home (clean, uncluttered, comfortable, temperature good, plants, music, lighting, décor, use healthy alternatives for cleaning products, etc.).

Relationships and Communication: There is a positive correlation between positive social relationships and good health. Do you get along well with your 'inner circle' of family and friends without them adding additional stress to your life?

Spirituality: Spirituality is at the core of your being; it is a central component of how they experience life and see the world. Spirituality frequently comes from our own experience of deep connection, meaning and purpose. This can provide a source of healing strength in the face of adversity, illness suffering or death.

Personal and Professional Development: Some people have careers or daily activities (as mothers/fathers, volunteers, creative endeavors, etc.) that resonate with their purpose and values in life, while others work in jobs that have high demands with little personal or professional rewards. Sometimes there is a lack of balance across personal and professional aspects of their lives. Activities that connect us with energy, interest, satisfaction, and sheer pleasure enhance our sense of contentment and joy and ultimately to our health. These can be 'doing' activities or 'being activities' (watching the stars, reading, watching the tide roll in, etc.).

Mind-Body Connection: A growing body of evidence indicates that virtually every illness we experience is influenced, for good or bad, by our thought patterns and emotions. The more we can encourage different modes of 'communicating' between the mind, the brain and the body, the more we can gradually form healthier pathways for thought, behavior and health. How positively do you think about things and yourself throughout the day?

Professional Care – Prevention and Intervention: Do you integrate the health care you receive from your physicians with complementary approaches to support your health such as acupuncture, massage, nutrition counseling or weight loss programs, nutritional supplements, energy medicine etc. Do you generally lead a healthy lifestyle – avoid tobacco, excessive alcohol and drugs, take medications as prescribed?

