

HEALTH CHALLENGES: REFLECTIONS

PART VI



Worksheet 7

Our health is often the first area in which necessary change becomes evident. Sometimes the challenge is manageable: a nagging pain, a period of low energy, or a minor injury that disrupts daily life. At other times, health issues arrive suddenly and decisively, demanding urgent decisions and forcing us to reevaluate how we live. They remind us that the body is not permanent, that vitality must be consciously nurtured, and that inner strength often reveals itself most clearly when outer strength falters. ● Center yourself again, bringing calmness to the body and stillness to the mind. This inner poise will help you approach each question with greater sensitivity, listening more deeply to what your body and intuition may be telling you.



What health issues am I dealing with right now?

Make a list of the specific concerns you're facing, from minor discomforts such as colds, headaches, or digestive upsets to major crises such as chronic fatigue, injuries, or serious illnesses. Identify which ones feel most pressing or influential in your life at this time.



Have I been noticing changes in my health as the years go by?

Even subtle changes can influence the rhythm of your life. List any variations you've observed, whether in your energy level, mobility, memory, sleep, vision, or hearing. Note any patterns or recurring signals your body may be sending.



How are these challenges or crises influencing my daily choices?

Are they calling you to adjust your pace, simplify your routines, eliminate or adopt new habits, recalibrate your limits, or reconsider your overall priorities?



What external resources can I rely on to support me?

Friends, family, professionals, clinics, support groups, community organizations, or even authentic online resources may provide perspectives and encouragement you hadn't considered. List those you can realistically reach out to in the near future.



What inner resources can I draw upon?

Think of the inner strengths that have carried you through difficulties before. Which of them can you call upon now to support you?



What is my current health situation teaching me?

Reflect on the lessons you're learning from these challenges. What qualities are you developing—such as resilience, patience, or adaptability? What inner strengths are emerging as you navigate them? Think about how these experiences are shaping you and contributing to your growth.
