



My Medical

A MODEL FOR HEALTHY LIVING WORKSHEET

MEDICAL: Partnering with your health care provider to manage your medical care.

Our bodies break down, and we must embrace that life includes medical needs. Doctors have training, but as individuals we also know a great deal about ourselves and get the greatest benefit from care by participating fully in the medical conversation. The job of health care providers is not just to tell you what's wrong but to be a coach in helping you live a healthy life. Speaking of himself as the Good Shepherd who cares for his sheep, Jesus said,

“I came that they may have life, and have it abundantly.” (John 10:10)

A healthy partnership for the abundant life recognizes the strength of each party. Your doctor can't control everything you do. Other than in an emergency, the patient controls far more than the doctor. A partnership with your doctor means you hold up your end of the bargain and come to the health care table ready to make positive choices. Remember, many people can be your companions in the process of following through on those choices.

Reflecting on personal values helps make connections to practical goals that move us toward lasting positive health habits.

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MY MEDICAL VALUES

- What experiences or people have influenced the formation of how I think about my medical care?
- What words or phrases describe my reasons for seeking deeper significance of a medical partnership in understanding my health?

MY MEDICAL DREAMS

- How do I describe the role medical care plays in the balance of my life right now?
- How do I describe what I'd like a medical partnership to look like in my life six months from now?
- If my picture for six months from now came true, how would my life be healthier overall?

MY FIRST STEP

Often health changes don't last because we try to make too many big changes too fast without incremental steps for success. Focus on one specific first step that you can take in the next few weeks that would start you on the path toward your six months dream for your medical experience. You might also jot down other steps to take later, but begin with a specific, practical, realistic first step.

- In the next few weeks, I will: