

## Likelihood of Success Profile

**ABOUT BARRIERS TO HEALTH:** Items for *The Big Picture*, *Personal Strength*, and *Patterns of Thought* represent positive choices—ones that defeat internal encumbrances to health. Items for *The Impact of Other People* and *Resources* represent positive choices—ones that defeat external obstacles to health.

Click the client strengths.

### The Big Picture

- My **vision**: I know who and what I want to be; what I want to become in the years ahead
- I can answer the “why”—I have a sufficient sense of **purpose** to do what it takes to be healthy
- I have a workable **plan**—a path to my vision
- Action**—I am taking steps to realize my vision

### Personal Strength

- I demonstrate strength of character by staying the course when the going gets tough
- I have a balanced life—with adequate investment of time in each major area—my relationships, work, recreation, spiritual life, and overall health and fitness
- I have few daily time wasting habits (e.g., constantly checking the news, email, playing games on the computer or phone; etc.)
- I am mostly free from unhealthy eating habits (e.g., yielding to strong desire for salt, sugar, and fat)
- I have no addiction or physical dependence that compromises my healthy lifestyle
- I have an ability to say “no” when wise to do so
- I stay focused on doing life’s important things—not making choices out of anxious feelings or by trying to please other people
- I do not offer excuses for not living healthy with regard to regular exercise, getting enough sleep, eating healthy, spending sufficient quality time with others, etc.
- Fear has no lasting grip on me; I do not make day-to-day life choices out of fear
- Overall I am a confident person
- I am able to sacrifice in the present in order to achieve my long-term gains
- I do not allow personal medical issues or disability to defeat me

### Patterns of Thought

- I have well-founded, accurate beliefs regarding health
- I have an honest appraisal of my current health and level of performance, and aware of the my lifestyle choices on my health
- I am open to change

### The Impact of Other People

- I get the support I need from others
- I make well-informed decisions. I consider the input of others, but do not automatically say “yes” to the well-meaning “Have another piece of pie (or drink)” or yield to pressures from others that could compromise the well-being of myself or others.

### Resources

- I have sufficient money to provide what I need for regular exercise and healthy nutrition
- I have the equipment and physical settings—indoors and outdoors—necessary for conducting my exercise program
- I am able to tactfully manage my environment when it presents challenges to living healthy (e.g., a job that has me eating out frequently; a church with activities associated with unhealthy foods; having invites to friends’ homes where unhealthy food is served; my own home where family members prefer unhealthy foods)
- I do not allow my work and other responsibilities to compromise the time I need for rest, restorative nutrition, exercise, relationships with the special people of my life, and spiritual life
- Climate and weather do not stop me from exercising regularly
- I do not allow responsibilities to compromise my health (e.g., the demanding role of caregiver; pressure from the community, club, or church to often say “yes” to requests and expectations; an overwhelming work schedule; an over-dependent person that requires too much of my time; etc.)