

GOALS

RISKS

TACTICS

Emotional Health Worksheet

TACTIC 05 / 05

STEP 1: ASSESS

Emotional Health Worksheet

DATE

HOW DOES EMOTIONAL HEALTH CURRENTLY FIT INTO YOUR LONGEVITY PLAYBOOK?

STEP 1: ASSESS

Emotional Health Worksheet

DATE

THREE ASPECTS OF EMOTIONAL HEALTH

INEFFECTIVE

IMPAIRED

EFFECTIVE

Emotional regulation

Relationships

Sense of Purpose

INEFFECTIVE – Your Performance In This Area Is Actively Moving You Away From Your Goals**IMPAIRED** – Your Performance In This Area Is Not Helping Move You Towards Your Goals**EFFECTIVE** – Your Performance In This Area Is Actively Moving You Towards Your Goals

NOTES

STEP 1: ASSESS

Emotional Health Worksheet

DATE

WHERE DO YOU STAND WHEN IT COMES TO THE EMOTIONAL HEALTH ASPECTS OF YOUR MARGINAL
DECADE GOALS?

STEP 2: PLAN

Emotional Health Worksheet

DATE

BASED ON MY ASSESSMENT OF MY MARGINAL DECADE GOALS, WHERE DO I NEED TO FOCUS MY PLANNING EFFORTS?

STEP 2: PLAN

Emotional Health Worksheet

DATE

DESCRIBE IN DETAIL WHAT THE BEST VERSION OF ALL THREE AREAS OF MY EMOTIONAL HEALTH LOOKS LIKE

EMOTIONAL REGULATION

RELATIONSHIPS

SENSE OF PURPOSE

WHAT CHANGES DO I NEED TO MAKE TO GET THERE?

STEP 2: PLAN

Emotional Health Worksheet

DATE

GREEN LIGHT BEHAVIORS

YELLOW LIGHT BEHAVIORS

RED LIGHT BEHAVIORS

DO I NEED TO ENLIST THE SUPPORT OF A MENTAL HEALTH PROVIDER TO HELP ME WITH MY EMOTIONAL HEALTH? DO I WANT TO BE EVALUATED—TO DECIDE WHETHER OR NOT MEDICATION MIGHT BE HELPFUL FOR ME?

STEP 3: TRACK

Emotional Health Worksheet

GREEN LIGHT BEHAVIORS

YELLOW LIGHT BEHAVIORS

RED LIGHT BEHAVIORS

WHERE DO YOU STAND WHEN IT COMES TO THE EMOTIONAL HEALTH ASPECTS OF YOUR MARGINAL
DECADE GOALS?

STEP 3: TRACK

Emotional Health Worksheet

THREE ASPECTS OF EMOTIONAL HEALTH	INEFFECTIVE	IMPAIRED	EFFECTIVE
Emotional regulation			
Relationships			
Sense of Purpose			

INEFFECTIVE – Your Performance In This Area Is Actively Moving You Away From Your Goals

IMPAIRED – Your Performance In This Area Is Not Helping Move You Towards Your Goals

EFFECTIVE – Your Performance In This Area Is Actively Moving You Towards Your Goals

NOTES



Not medical advice

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