

DiseaseWellness Continuum

1 Disease

Chronic disability.
Heart trouble, cancer, eating disorders; life out of balance.
Premature death possible as a result of lifestyle choices.

2 Distress

Break down due to unhealthy habits.
Low quality of life, weak will to live, and self-destructive addictions.
Career or family problems likely.

3 High risk behavior

Low self-concept and expectations.
Lack of exercise, poor nutrition, substance abuse, reckless habits.
Low stress management.

4 Neutral

No discernible symptoms.
Low to moderate risk behavior, little investment in health and happiness.
Health can go either way.

5 Awareness

Wanting a healthier life.
Reading books, assessing skills, identifying role models; moving toward prevention.
Health becomes a priority.

6 Skills

Acquiring information to improve life.
Taking classes, seeking new interests, developing self-help skills.
Building the tools for change.

7 Self-motivation

Taking responsibility for own health.
Identifying goals, creating plan, planning rewards.
Building support for healthy lifestyle changes.

8 Action

Implementing your plan for improving quality of life.
Acting with purpose, direction and vision.

9 Good health

Having a strong will to live.
Continually learning and growing.
Managing stress effectively to maintain high level of daily success.

10 Wellness

Health becomes a way of life.
Integrating body, mind and spirit.
Life is balanced; self-esteem is high.
Best possible chance of survival.

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