

Health Triangle Worksheet

Date: _____ dd / mm / yyyy Name: _____

Age: _____

The health triangle is a model that represents the three key aspects of personal well-being: physical health, mental/emotional health, and social health. This worksheet helps you assess three key health areas.

Self-assessment Rate each aspect from 1 (poor) to 5 (excellent).

PHYSICAL HEALTH

Regular physical activity (exercise, movement):

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Nutritional choices (balanced meals, hydration):

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Sleep quality and consistency:

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Preventative healthcare (check-ups, hygiene, vaccinations):

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Reflection questions

1. What are the biggest challenges in maintaining a healthy lifestyle?

2. How do current habits affect daily energy and well-being?

3. What steps can be taken to improve your physical health?

SOCIAL HEALTH

Ability to form and maintain positive relationships:

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Comfort in social situations and group settings:

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Support system (family, friends, community involvement):

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

Communication skills (expressing needs, active listening):

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

Reflection questions

1. How strong is your current social support system?

2. Are there any barriers to forming or maintaining relationships?

3. What can be done to improve your social health and engagement?

MENTAL AND EMOTIONAL HEALTH

Ability to manage stress and emotions effectively:

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

Self-esteem and confidence in personal abilities:

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

Coping strategies for challenges and setbacks:

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

Awareness of when to seek help or support:

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

Reflection questions

1. What strategies do you currently use to manage stress and emotions?

2. How does mental and emotional well-being affect your daily life?

3. What steps can be taken to strengthen your mental resilience?

How do you see the connection between your physical, mental, and social health in your daily life, and how do they influence each other?

ACTION PLAN

Based on your assessments, choose one goal for each health area and list steps to improve overall well-being:

Physical health goal: _____

Steps:

Social health goal: _____

Steps:

Mental/emotional health goal: _____

Steps: