

The Healing Miracle Map

A gentle way to discover the greatest gift
you can give your body right now



**Where the least effort
creates the biggest shift.**

Legend:

The nine areas of your Wheel of Health



- **Nourishment** relates to how you fuel your body, including the meals you eat and your eating habits.
- **Sleep** reflects your sleeping hours, circadian rhythm, and the overall quality and depth of sleep.
- **Light** concerns your exposure to light and sunshine, which play an important role in supporting the circadian rhythm and hormone function.
- **Air** relates to the quality of the air you breathe, both outdoors and inside your home, as well as how often you spend time outside in the fresh air.
- **Movement** reflects how regularly and intensely you engage your body in physical activity, including strength, cardio, flexibility, and balance.
- **Rest** represents how often you pause and relax your body outside of sleep.
- **Emotions** relates to your ability to emotionally regulate and surrender when difficult feelings come up in everyday life.
- **Safety** relates to your sense of stability, rhythm, and security, including your routines, living situation, financial stability, and how safe you feel around the people in your immediate environment.
- **Relationships** reflect the quality of presence, openness, and connection you experience with the people you love.

Vitality Vision

Imagine yourself on a truly good day...



**What are three words that describe
how you feel that day?**

1

2

3

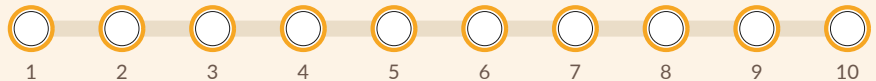
Self-Care Scan

For each area below, use the scales to reflect:
How well am I currently taking care of this area?

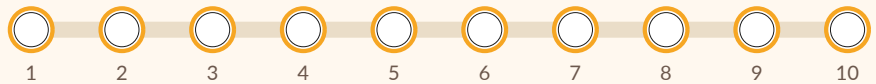
1 – This area feels not at all nurtured

10 – This area feels very well nurtured

● **Nourishment**



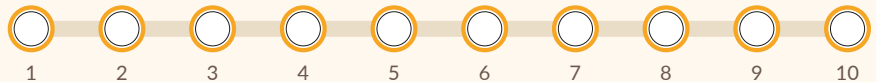
● **Sleep**



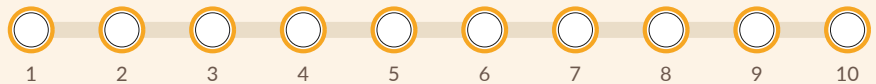
● **Light**



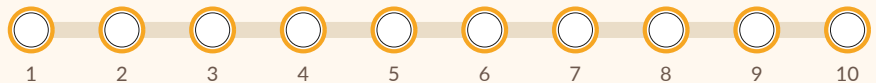
● **Air**



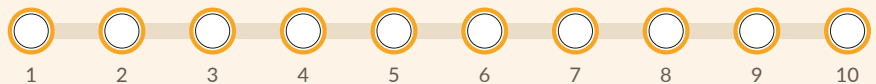
● **Movement**



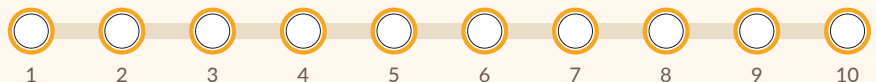
● **Rest**



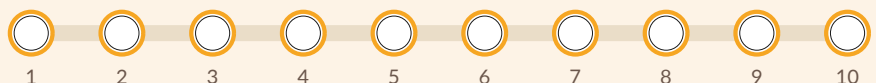
● **Emotions**



● **Safety**



● **Relationships**



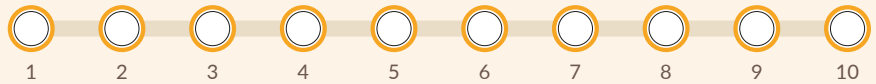
Ease of Change

Now, for each area below, use the scale to reflect:
How effortless would it feel for me to improve this area?

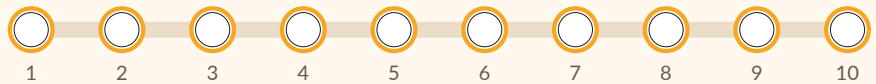
1 – Very effortless

10 – Requires significant effort

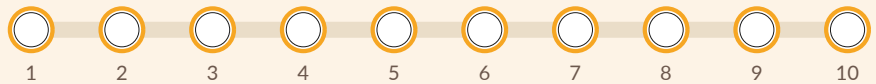
● Nourishment



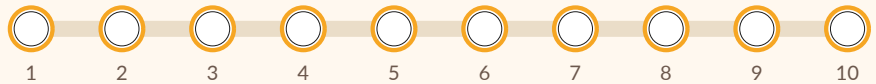
● Sleep



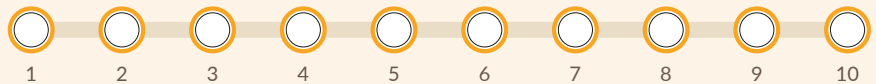
● Light



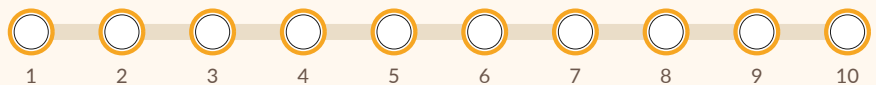
● Air



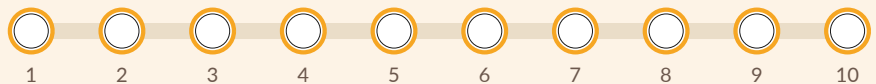
● Movement



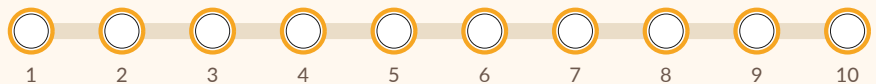
● Rest



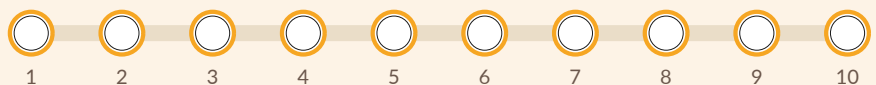
● Emotions



● Safety



● Relationships



Let the Healing Miracle Begin...

Add up your numbers from the previous pages.
The lowest totals highlight where small changes can create the
greatest positive impact with the least amount of effort.

	Self-Care Scan	Ease of Change	Total
● Nourishment	_____	_____	_____
● Sleep	_____	_____	_____
● Light	_____	_____	_____
● Air	_____	_____	_____
● Movement	_____	_____	_____
● Rest	_____	_____	_____
● Emotions	_____	_____	_____
● Safety	_____	_____	_____
● Relationships	_____	_____	_____

Let the Healing Miracle Begin...

Review your totals from the previous page.
Circle the 1–3 areas you feel most drawn to focus on right now.

1

Focus Area 1: _____

One small step I'm going to take this week to nurture this area...

2

Focus Area 2: _____

One small step I'm going to take this week to nurture this area...

3

Focus Area 3: _____

One small step I'm going to take this week to nurture this area...

*Now it's time
to take action.*

You can do this! I believe in you ❤️



If the Healing Miracle Map spoke to you and you'd like more inspiration,
consider joining the Meme Monday newsletter here:

www.juliasana.com

Made with love for you ❤️

DISCLAIMER

This Healing Miracle Map is shared for informational and spiritual reflection only. It is not medical advice and does not offer any diagnosis, treatment, or cure for any physical or mental condition, nor does it replace professional medical, psychological, or therapeutic care. No particular outcome or healing result is promised or guaranteed. If you have any health concerns, please consult a qualified doctor or licensed practitioner.