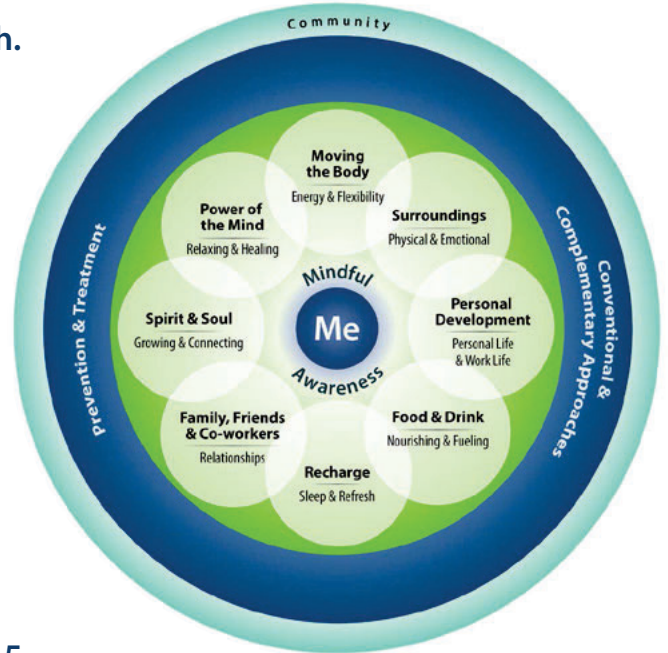


PERSONAL HEALTH INVENTORY

Use this circle to help you think about your whole health.

- “Me” at the center of the circle: This represents what is important to you in your life, and may include your mission, aspirations, or purpose. Your care focuses on you as a unique person.
- Mindful awareness is about noticing what is happening when it happens.
- Your everyday actions make up the green circle. Your options and choices may be affected by many factors.
- The next ring is professional care (tests, medications, treatments, surgeries, and counseling). This section includes complementary approaches like acupuncture and yoga.
- The outer ring includes the people, places, and resources in your community. Your community has a powerful influence on your personal experience of health and well-being.



Rate where you feel you are on the scales below from 1–5, with 1 being not so good, and 5 being great.

Physical Well-Being

1 NOT SO GOOD
 2
 3
 4
 5 GREAT

Mental/Emotional Well-Being

1 NOT SO GOOD
 2
 3
 4
 5 GREAT

Life: How is it to live your day-to-day life?

1 NOT SO GOOD
 2
 3
 4
 5 GREAT

What matters most to you in your life right now? Write a few words to capture your thoughts:

My family. I am close to my daughters kids. They live nearby. My daughter is a widow, and I want to be able to give my granddaughter away at her wedding next year and stand in for the father-daughter dance. I want to be independent for as long as I can be. I want to be useful. I like to help other people. My faith is also very important to me.



Where You Are and Where You Would Like to Be

Building Blocks of Health and Well-being	Where I am Now (1-5)	Where I Want to Be (1-5)
Moving the Body:	1	4
Recharge:	2	4
Food and Drink:	1	4
Personal Development:	4	4
Family, Friends, and Co-Workers:	3	5
Spirit and Soul:	4	5
Surroundings:	5	5
Power of the Mind:	3	3
Professional Care:	4	5

Reflections

I am active. I am able to do things with my grandkids. I am a source of support for my family, and they don't have to worry about supporting me. I get outside to do photography. I have a handle on all my health problems.

It all starts with the basics. Better diet getting exercise, even when the grandkids are in school and I can't play with them. I have to get my PTSD under control. I want to find ways to be happier and not so stressed.