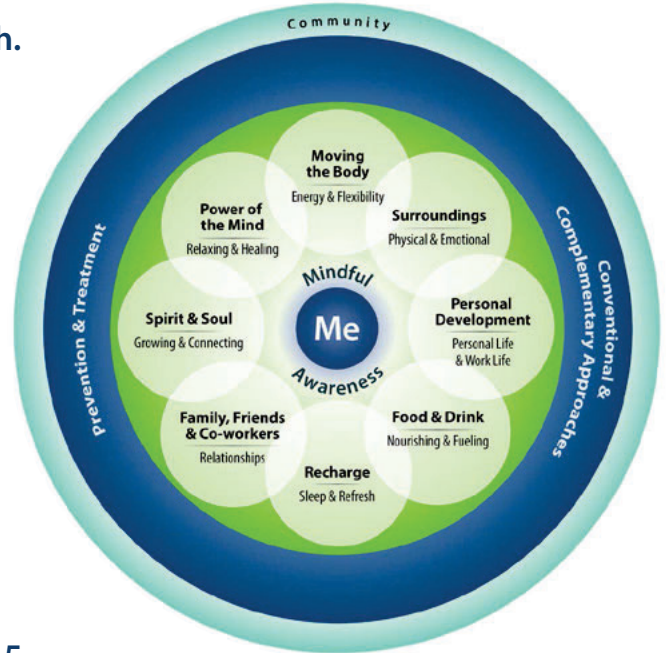


PERSONAL HEALTH INVENTORY

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's well-being, especially my 2-year-old daughter. Being outdoors, spending time with my family and friends, exercising.



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:	2	4
Recharge:	2	4
Food and Drink:	3	5
Personal Development:	2	4
Family, Friends, and Co-Workers:	4	5
Spirit and Soul:	3	4
Surroundings:	4	5
Power of the Mind:	2	3
Professional Care:	4	5

Reflections

It looks like I definitely could exercise more and eat a healthier diet. I could also be taking more steps to help make my work life more satisfying. My sleep habits could definitely use some help as well.

I think the areas above would be a good pace to start, I'd like to start going to bed by 10:30pm every night, I will ask my wife to help me come up with healthier lunches, and I will stare looking into evening school options.