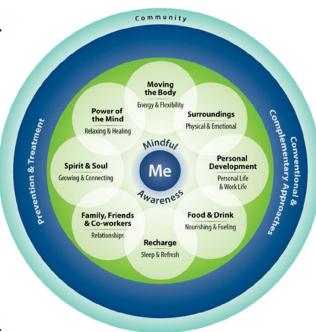


### PERSONAL HEALTH INVENTORY

## 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                           | <b>1</b><br>NOT SO GOOD | 2 | 3 | 4 | <b>5</b><br>GREAT |
|---|-------------------------|---|---|---|-------------------|
| Mental/Emotional Well-Being                   | <b>1</b><br>NOT SO GOOD | 2 | 3 | 4 | <b>5</b><br>GREAT |
| Life: How is it to live your day-to-day life? | <b>1</b><br>NOT SO GOOD | 2 | 3 | 4 | <b>5</b><br>Great |

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

Live Whole Health.











### Where You Are and Where You Would Like to Be

For each area below, consider "Where you are" and "Where you want to be." Write in a number between 1 (low) and 5 (high) that best represents where you are and where you want to be. You do not need to be a "5" in any of the areas now, nor even wish to be a "5" in the future.

| Building Blocks of Health and Well-being  | Where I am<br>Now (1-5) | Where I Want<br>to Be (1-5) |
|---|-------------------------|-----------------------------|
| <b>Moving the Body:</b> Our physical, mental, and emotional health are impacted by the amount and kind of movement we do.   |                         |                             |
| Recharge: Our bodies and minds need rest in order to optimize our health. Recharging also involves activities that replenish your mental and physical energy.                                     |                         |                             |
| Food and Drink: What we eat, and drink can have a huge effect on how we experience life, both physically and mentally.  |                         |                             |
| Personal Development: Our health is impacted by how we spend our time. We feel best when we can do things that really matter to us or bring us joy.   |                         |                             |
| Family, Friends, and Co-Workers: Our relationships, including those with pets, have as significant an effect on our physical and emotional health as any other factor associated with well-being. |                         |                             |
| <b>Spirit and Soul:</b> Connecting with something greater than ourselves may provide a sense of meaning and purpose, peace, or comfort. Spiritual connection can take many forms.                 |                         |                             |
| <b>Surroundings:</b> Surroundings include where we live, work, learn, play, and worship—both indoors and out. Safe, stable, and comfortable surroundings have a positive effect on our health.    |                         |                             |
| Power of the Mind: Our thoughts are powerful and can affect our physical, mental, and emotional health. Changing our mindset can aid in healing and coping.                                       |                         |                             |
| Professional Care: Partnering with your health care team to address your health concerns, understand care options, and define actions you may take to promote your health and goals.              |                         |                             |

#### Reflections

| ,   | o you in all of these areas, what would your life look like if you had the health bing? Or how might you feel different? What area might you focus on? |
|---|--|
|   |  |
| What might get in the way? How might you start? |  |
|   |  |

After completing the Personal Health Inventory, talk to a friend, a family member, your health coach, a peer, or someone on your health care team about areas you would like to explore further. Or visit www.va.gov/wholehealth.