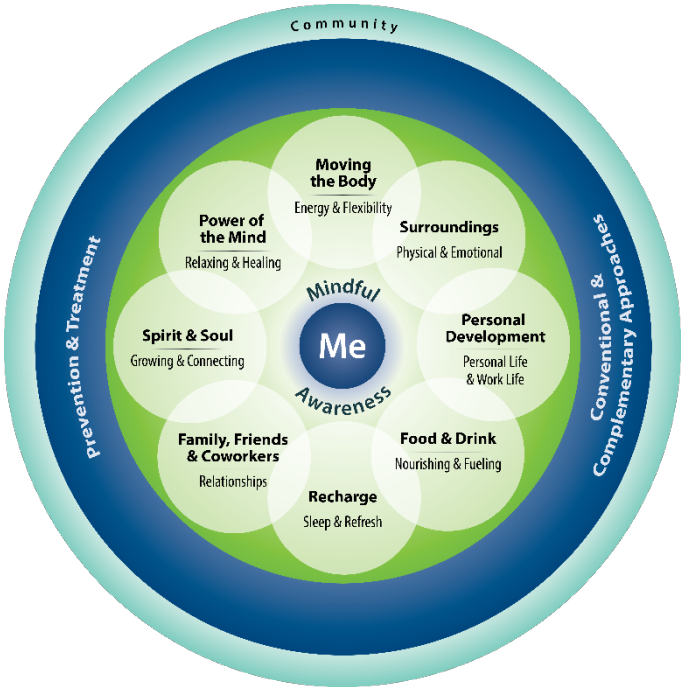
U.S. Department of Veterans Affairs
Veterans Health Administration
Office of Patient Centered Care and Cultural Transformation

Whole Health for Life

Personal Health Inventory

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

- All areas are important and connected.
- The body and mind have strong healing abilities.
- Improving one area can help other areas.
- The inner ring represents your mission, aspirations, or purpose. Your care focuses on you as a unique person.
- Mindful awareness is being tuned in and present.
- Your self-care and everyday choices make up the green circle.
- The next ring is professional care (tests, medications, supplements, surgeries, examinations, treatments, and counseling). This section includes complementary approaches like acupuncture and yoga.
- The outer ring includes the people and groups who make up your community



Rate where you feel you are on the scales below from 1-5, with 1 being miserable and 5 being great.

Physical Well-Being				
1 Miserable	**2**	**3**	**4**	**5 Great**
Mental/Emotional Well-Being				
1 Miserable	**2**	**3**	**4**	**5 Great**
Life: How is it to live your day-to-day life				
1 Miserable	**2**	**3**	**4**	**5 Great**

What is your mission, aspiration, or purpose? What do you live for? What matters most to you?

Write a few words to capture your thoughts:

A healthy pregnancy, healthy birth, and positive transition into parenthood matters to me. Spending time together and growing in our spiritual life brings me a sense of joy.

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.

Area of Self Care	Where I am Now (1-5)	Where I Want to Be (1-5)
Moving the Body: Our physical, mental, and emotional health are impacted by the amount and kind of movement we do. Moving the body can take many forms such as dancing, walking, gardening, yoga, and exercise.	*3*	*4*
Recharge: Our bodies and minds must rest and recharge in order to optimize our health. Getting a good night's rest as well as recharging our mental and physical energy throughout the day are vital to well-being. Taking short breaks or doing something you enjoy or feels good for moments throughout the day are examples of ways to refresh.	*5*	*5*
Food and Drink: What we eat and drink can have a huge effect on how we experience life, both physically and mentally. Energy, mood, weight, how long we live, and overall health are all impacted by what and how we choose to eat and drink.	*3*	*5*
Personal Development: Our health is impacted by how we choose to spend our time. Aligning our work and personal activities with what really matters to us, or what brings us joy, can have a big effect on our health and outlook on life.	*3*	*4*
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. Spending more time in relationships that 'fuel' us and less in relationships that 'drain' us is one potential option. Improving our relationship skills or creating new relationships through community activities are other options to consider.	*3*	*4*
Spirit and Soul: Connecting with something greater than ourselves may provide a sense of meaning and purpose, peace, or comfort. Connecting and aligning spiritually is very individual and may take the form of religious affiliation, connection to nature, or engaging in things like music or art.	*4*	*4*
Surroundings: Our surroundings, both at work and where we live, indoors and out, can affect our health and outlook on life. Changes within our control such as organizing, decluttering, adding a plant or artwork can improve mood and health.	*4*	*5*
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. Breathing techniques, guided imagery, Tai Chi, yoga, or gratitude can buffer the impact of stress and other emotions	*4*	*5*
Professional Care: "Prevention and Clinical Care" Staying up to date on prevention and understanding your health concerns, care options, treatment plan, and their role in your health	*4*	*5*

Reflections

Now that you have thought about what matters to you in all of these areas, what is your vision of your best possible self? What would your life look like? What kind of activities would you be doing?

We are hoping for a healthy, uncomplicated pregnancy and birth, success in breastfeeding, and good mental health transitioning into parenting. Hopefully in 10 years I'll have two healthy kids and a healthy marriage.

Are there any areas you would like to work on? Where might you start?

I want to optimize my health through pregnancy and set the stage for healthy parenting and to be able to lose all of my pregnancy weight.

After completing the Personal Health Inventory, talk to a friend, a family member, your health coach, a peer, or someone on your healthcare team about areas you would like to explore further.