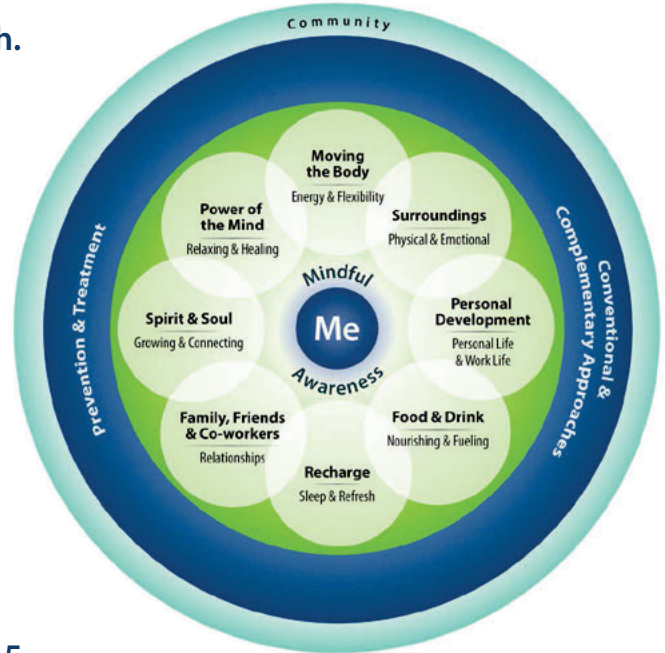


## PERSONAL HEALTH INVENTORY

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

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 Now (1-5)	Where I Want 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.	<b>1</b>	<b>4</b>
<b>Recharge:</b> Our bodies and minds need rest in order to optimize our health. Recharging also involves activities that replenish your mental and physical energy.	<b>2</b>	<b>4</b>
<b>Food and Drink:</b> What we eat, and drink can have a huge effect on how we experience life, both physically and mentally.	<b>1</b>	<b>4</b>
<b>Personal Development:</b> 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.	<b>4</b>	<b>4</b>
<b>Family, Friends, and Co-Workers:</b> 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>3</b>	<b>5</b>
<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>4</b>	<b>5</b>
<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.	<b>5</b>	<b>5</b>
<b>Power of the Mind:</b> Our thoughts are powerful and can affect our physical, mental, and emotional health. Changing our mindset can aid in healing and coping.	<b>3</b>	<b>3</b>
<b>Professional Care:</b> 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.	<b>4</b>	<b>5</b>

## Reflections

Now that you have thought about what matters to you in all of these areas, what would your life look like if you had the health you want? What kind of activities would you be doing? Or how might you feel different? What area might you focus on?

**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.**

What might get in the way? How might you start?

**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.**

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](http://www.va.gov/wholehealth).