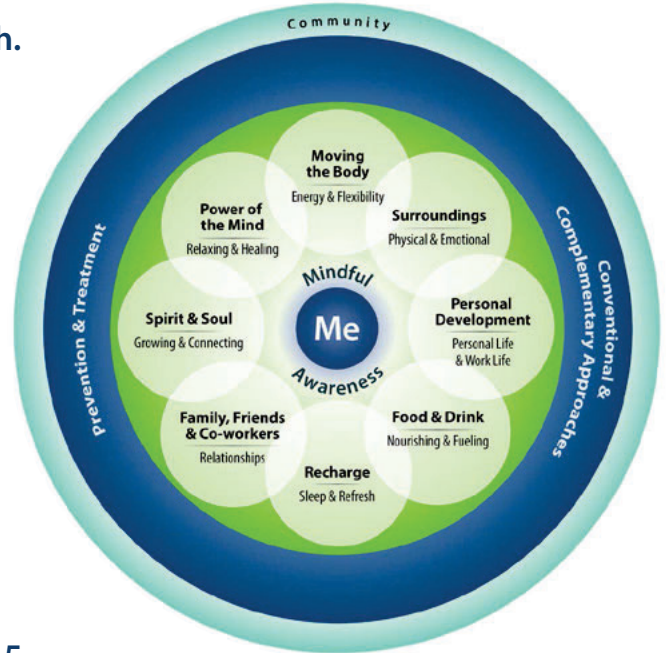


PERSONAL HEALTH INVENTORY

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 wife and son are the most important people in my life. I want to be there for them. I worry that my health will make it difficult to support my family in the future. Since returning from Iraq, life has never been the same for me. I witnessed the deaths of many friends. I now have PTSD, which often makes it difficult for me to function.



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	5
Recharge:	2	4
Food and Drink:	2	4
Personal Development:	1	4
Family, Friends, and Co-Workers:	2	4
Spirit and Soul:	2	3
Surroundings:	4	4
Power of the Mind:	1	4
Professional Care:	4	5

Reflections

I would be free of headaches, sleeping through the night, having a health diet and exercise routine, and spending time in nature, I would get back into photography and have meaningful relationships.

I'd like to improve my diet and caffeine intake. I'd also like to increase my aerobic work-outs. I'm interested in yoga, meditation, relaxation, and breathing techniques. I'd like to spend time in nature with my wife and son.