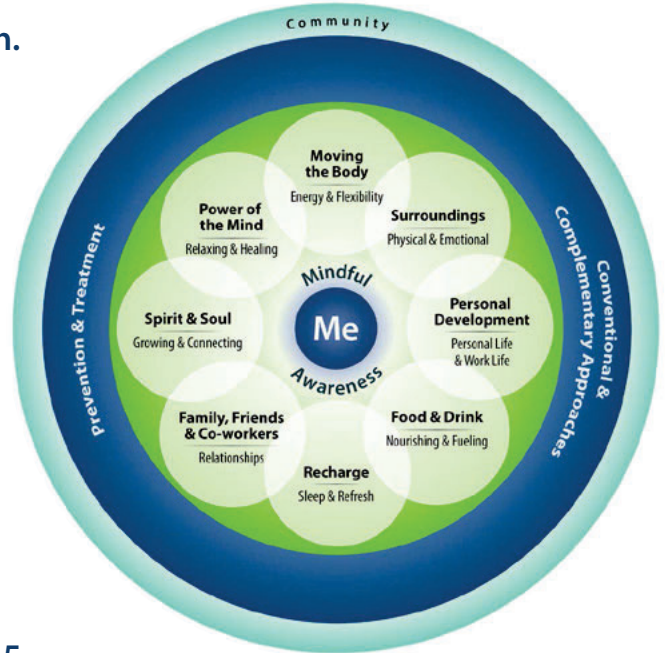


PERSONAL HEALTH INVENTORY

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

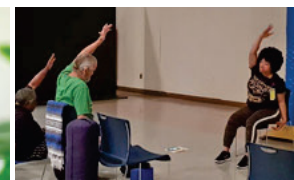
1 NOT SO GOOD
 2
 3
 4
 5 GREAT

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:

Friends, family, and our marriage and our Catholic faith matter to me. I enjoy working and watching movies with my wife.



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

Reflections

I'd like to be healthier. We are hoping to become pregnant and would like to have at least 2 children over the next 10 years. I would like to improve my own health in preparation for becoming a father, and see family in New York.

I am hoping to quit smoking, get into better shape, cook healthier meals, and father healthy children. If we have any problems conceiving, we are open to seeing a specialist, but we really hope it doesn't come to that.