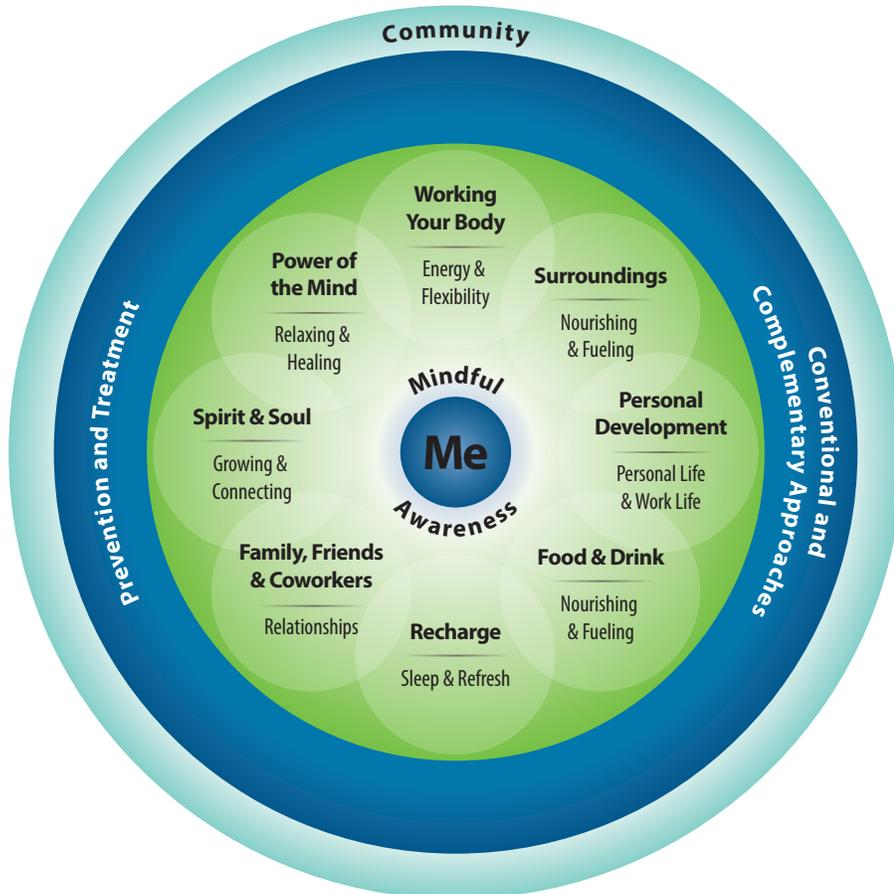


Personal Health Inventory

COMPONENTS OF PROACTIVE HEALTH AND WELL-BEING

The "Circle of Health"



What really matters to me? What is my mission, aspiration, or purpose (MAP)?
 What do I want my health FOR? Write a few words to capture your thoughts:
 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	2	3	4	5
Miserable				Great

Mental/Emotional Well-Being:

1	2	3	4	5
Miserable				Great

Life: How is it to live your day-to-day life?

1	2	3	4	5
Miserable				Great

This CIRCLE can help you think about your whole health. All of the areas in the circle are important and connected. The human body and mind have strong healing abilities. Improving one area can help other areas in your life, including your physical, emotional, and mental health and well-being. The inner circle represents your values, aspirations, and what really matters to you. Mindful awareness allows you to be more tuned in and connected to your life and health. The green area is self-care and the choices you make in your everyday life. The next ring represents professional care including tests, medications, supplements, surgeries, examinations, treatments, and counseling. It also includes complementary approaches such as acupuncture and mind-body therapies. The outer ring represents the people and groups who make up your community.

Personal Health Inventory

Where You Are and Where You'd 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. The goal is not to be perfect in all areas. 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 Whole Health	Where I am Now (1-5)	Where I Want to Be (1-5)
Working the Body: “Energy and Flexibility” Includes movement and physical activities like walking, dancing, gardening, sports, lifting weights, yoga, cycling, swimming and working out in a gym.		
Recharge: “Sleep and Refresh” Getting enough rest, relaxation and sleep.		
Food and Drink: “Nourish and Fuel” Eating healthy, balanced meals with plenty of fruits and vegetables each day. Drinking enough water and limiting sodas, sweetened drinks and alcohol.		
Personal Development: “Personal life and Work life” Learning and growing. Developing abilities and talents. Balancing responsibilities where you live, volunteer and work.		
Family, Friends, and Co-Workers: “Relationships” Feeling listened to and connected to people you love and care about. The quality of your communication with family, friends and people you work with.		
Spirit and Soul: “Growing and Connecting” Having a sense of purpose and meaning in your life. Feeling connected to something larger than yourself. Finding strength in difficult times.		
Surroundings: “Physical and Emotional” Feeling safe. Having comfortable, healthy spaces where you work and live. The quality of the lighting, color, air, and water. Decreasing unpleasant clutter, noises, and smells.		
Power of the Mind: “Relaxing and Healing” Tapping into the power of your mind to heal and cope. Using mind-body techniques like relaxation, breathing, or guided imagery.		
Professional Care: “Prevention and Clinical Care” How up to date you are on prevention and understand your health concerns, care options, treatment plan, and role in your health.		

Reflections

Now that you have thought about what matters to you and 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?

Are there any areas you would like to work on? Where 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 healthcare team about areas you'd like to work on.*