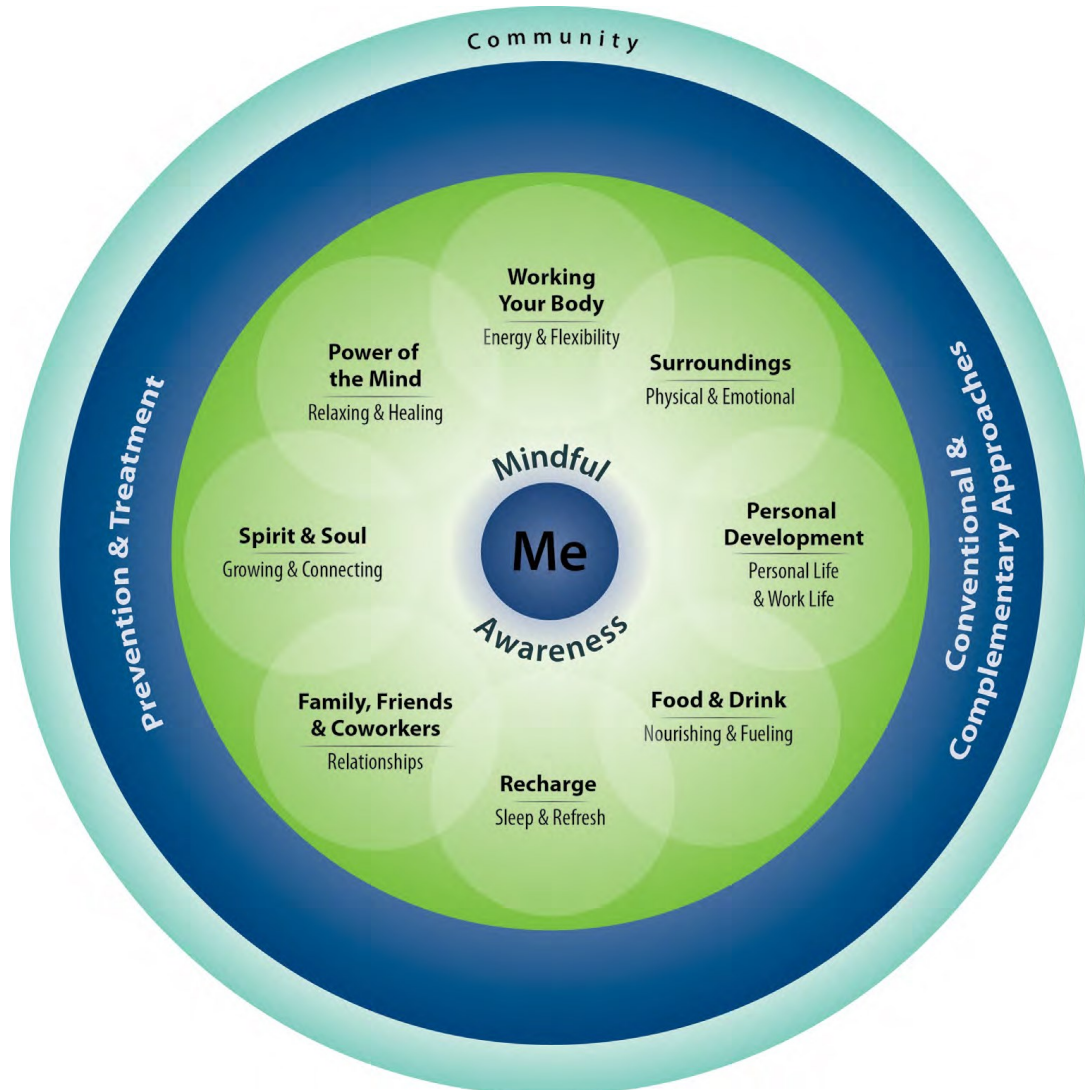


PERSONAL HEALTH INVENTORY

Empower Veterans Program
Whole Health
The Power of You



WHOLE HEALTH AND THE POWER OF YOU

We are moving **beyond problem-based disease care to an approach which is patient-centered and focused on wellness and whole health.** The first step is to ask what you want with your health and why. Knowing your health goals may not be a simple task, yet it is an important step toward reaching your full potential. Living life fully and optimizing health and well-being goes beyond not being sick. It means understanding **what matters to you.** It also means looking at all aspects of your life that contribute to a sense of well-being. The Personal Health Inventory is a tool that can help you in this important task.

The areas described in the Circle of Health (pg. 1) are all connected. Improving one area can benefit other areas in your life and influence your overall physical, emotional, mental, and spiritual well-being. The inner circle represents you, your values, and what really matters to you. The next circle is your self-care. These are the circumstances and choices you make in your everyday life. The next ring represents professional care you receive. Professional care includes tests, counseling, coaching, and referrals where needed to specialty clinics for examinations, medications, supplements, and surgery. The outer ring represents the people and groups with whom you are connected.

ME

The innermost circle represents each of us as unique individuals. We start at the middle saying, “I am the expert on my life, values, goals, and priorities. Only I can know WHY I want my health. Only I can know what really matters to ME. And this knowledge needs to be what drives my health and my healthcare. I am the most important person when it comes to making choices that influence my health and well-being. I am the leader of my team, and my medical team professionals are some of the invited players.”

MINDFUL AWARENESS

Mindfulness is being fully aware, or paying attention. Sometimes, we go through our daily lives on autopilot. We are not fully aware of the present. We often dwell on the past and plan events in the future. We do not spend much time really paying attention and noticing what is happening right now; without judging or trying to fix it. Mindfulness connects you to each component of your well-being, and to your whole self.

THE EIGHT AREAS OF SELF CARE

Self-care is often the most important factor in living a healthy life, which in turn allows you to live your life fully, in the ways that matter to you. Self-care includes all the choices you make on a daily basis that affect your physical, mental, and spiritual health. In fact, how you take care of yourself will have a greater impact on your health and well-being than the medical care you receive. Evidence shows that each of these eight areas of self-care contributes a great deal to your overall health and well-being. They can also affect your chances for developing diseases as well as the seriousness of that disease. Consider your values, lifestyle, habits, and motivations in each area. Taking stock of where you are now and where you want to be in each of these areas is the first step in living a healthier life.

COMMUNITY

The outer ring represents your community. For some, their community is close and for others it is far away. Your community is more than the places where you live, work and worship. It includes all the people and groups you connect with; who rely on you and upon whom you rely.

DISCOVERING WHY YOU WANT YOUR HEALTH AND DEVELOPING YOUR PERSONAL GOALS

You are the expert on you! As you think about living your best life, utilize this workbook to think about where you are, and where you would like coaching assistance to live a fuller life. Take a few minutes to think broadly and openly as you answer the questions.

What really matters to you in your life?

What brings you a sense of joy and happiness?

On the following scales from 1-5, with 1 being bad and 5 being great, circle where you feel you are on the scale.

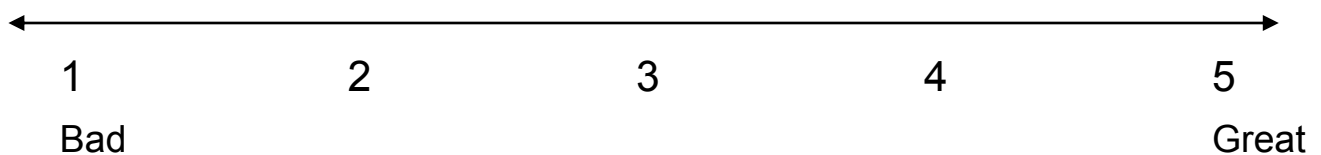
Physical Well-Being



Emotional Well-Being



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



WHERE YOU ARE AND WHERE YOU'D LIKE TO BE:

For each of the 8 categories listed below, consider which of these areas are most important to you, where you are now, and how confident you are in making any desired changes. Circle your answers, thinking carefully through each category question.

I. Working the Body: *“Energy and Flexibility”* Includes movement and physical activities like walking, dancing, gardening, sports, yoga, cycling, swimming, and working out in a gym.

How would you rate yourself in this area now?	What are the reasons that you chose this rating?																				
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If you were to make a change, where might you start?																					

II. Recharge: *“Sleep and Refresh”* Getting enough rest, relaxation, and sleep.

How would you rate yourself in this area now?	What are the reasons that you chose this rating?																				
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If you were to make a change, where might you start?																					

III. 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.

How would you rate yourself in this area now?	What are the reasons that you chose this rating?																				
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Not at all				Very																	
If you were to make a change, where might you start?																					

IV. Personal Development: “Personal life and Work life” Learning and growing. Developing abilities and talents. Balancing responsibilities where you live, volunteer, and work.

How would you rate yourself in this area now?	What are the reasons that you chose this rating?																				
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If you were to make a change, where might you start?																					

V. Family, Friends, and Co-Workers: “Relationships” Feeling listened to and connected to people you care about. The quality of your communication with family, friends, and people you work with.

How would you rate yourself in this area now?					What are the reasons that you chose this rating?				
1	2	3	4	5					
Poor				Great					
How important is this area to you?					How confident are you in making a change in this area?				
1	2	3	4	5	1	2	3	4	5
Not at all				Very	Not at all				Very
If you were to make a change, where might you start?									

VI. Spirit and Soul: “Growing and Connecting” Feeling connected to something larger than yourself, such as a philosophy of life/God/Higher Power.

How would you rate yourself in this area now?					What are the reasons that you chose this rating?				
1	2	3	4	5					
Poor				Great					
How important is this area to you?					How confident are you in making a change in this area?				
1	2	3	4	5	1	2	3	4	5
Not at all				Very	Not at all				Very
If you were to make a change, where might you start?									

VII. Surroundings: *“Physical and Emotional”* Feeling safe. Having comfortable, healthy spaces where you work and live. The quality of the lighting and air around you. Limiting unnecessary clutter or noise.

How would you rate yourself in this area now?					What are the reasons that you chose this rating?												
1	2	3	4	5													
Poor				Great													
How important is this area to you?					How confident are you in making a change in this area?												
1	2	3	4	5	1	2	3	4	5								
Not at all				Very					Not at all				Very				
If you were to make a change, where might you start?																	

VIII. Power of the Mind: *“Strengthen and Listen”* Tapping into the power of your mind to heal and live. Using mind-body techniques like relaxation or mindful breathing.

How would you rate yourself in this area now?					What are the reasons that you chose this rating?												
1	2	3	4	5													
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