

Personal Health Inventory

Name: _____

Date: _____



**The first step in transforming your health is to TAKE INVENTORY.
Follow the questions below to assess your current state of health from an integrative
perspective and think how you might like to see these areas change.**

1. How do I picture myself in my best health?

What does healthy look like to me? What activities would I be able to do? How do I feel?

2. What is most important about living in my best health?

What do I value about my health? How would my life be affected if I made changes in my health?

3. For each area of health below, rate where you currently fall on a scale from 1-10 and where you would like to be. The higher the number, the closer you feel to living in your optimal potential health-wise in each area.

Fitness, Movement & Mobility

Exercise, physical fitness, flexibility, performing daily tasks that involve movement.

Where are you now?

1 2 3 4 5 6 7 8 9 10

Why did you choose this number?

Where would you like to be?

1 2 3 4 5 6 7 8 9 10

What changes could you make to get to this number?

Nutrition & Eating Behaviors

Eating a balanced, healthful diet.

Where are you now?

1 2 3 4 5 6 7 8 9 10

Why did you choose this number?

Where would you like to be?

1 2 3 4 5 6 7 8 9 10

What changes could you make to get to this number?

Mindful Awareness

Being present in the moment, paying attention to what you are doing.

Where are you now?

1 2 3 4 5 6 7 8 9 10

Why did you choose this number?

Where would you like to be?

1 2 3 4 5 6 7 8 9 10

What changes could you make to get to this number?

Personal & Professional Development

Growing and developing professionally to achieve your definition of success and fulfillment in work; prioritizing work-life balance.

Where are you now?

1 2 3 4 5 6 7 8 9 10

Why did you choose this number?

Where would you like to be?

1 2 3 4 5 6 7 8 9 10

What changes could you make to get to this number?

Spirituality & Religion

Seeing purpose and meaning in something larger than the physical world.

Where are you now?

1 2 3 4 5 6 7 8 9 10

Why did you choose this number?

Where would you like to be?

1 2 3 4 5 6 7 8 9 10

What changes could you make to get to this number?

Mind-Body Connection

Paying attention to and understanding the connection between the mind and the body.

Where are you now?

1 2 3 4 5 6 7 8 9 10

Why did you choose this number?

Where would you like to be?

1 2 3 4 5 6 7 8 9 10

What changes could you make to get to this number?

Relationships & Communication

Spending time with friends & family, or personal contacts with whom you communicate effectively.

Where are you now?

1 2 3 4 5 6 7 8 9 10

Why did you choose this number?

Where would you like to be?

1 2 3 4 5 6 7 8 9 10

What changes could you make to get to this number?

Healthcare: Prevention and Intervention

Routine check-ups, screenings, appointments with specialists, adhering to prescriptions or therapies (this could include conventional medicine or complementary services like acupuncture, massage, hypnotherapy, etc.)

Where are you now?

1 2 3 4 5 6 7 8 9 10

Why did you choose this number?

Where would you like to be?

1 2 3 4 5 6 7 8 9 10

What changes could you make to get to this number?

Physical Environment

Spaces where you live and work and the surrounding areas (safety, light, toxins, noise).

Where are you now?

1 2 3 4 5 6 7 8 9 10

Why did you choose this number?

Where would you like to be?

1 2 3 4 5 6 7 8 9 10

What changes could you make to get to this number?

4. After taking inventory in the categories above, what stands out as significant about where you currently are in any given area of health from the categories above?
5. If nothing changes in your health, what does your life look like in 3-5 years from now? What does it look like if you do make changes?

6. After taking an honest inventory of each area of health, use the chart below to help prioritize what is most important to focus on **now** versus later.

Place an X in the column to indicate when you would like to begin working in each area of health. If you do not feel you need to invest in changing a certain area of health, mark “No Change.” After indicating which focus area is most important for you, begin to craft goals and action steps around this area. For more support, schedule a session at the link below.

Area of Health	Within 3 Months	Within 1 Year	Within 3 Years	No Change
Fitness, Movement, Mobility				
Nutrition & Eating Behaviors				
Mindful Awareness				
Personal & Professional Development				
Spirituality & Religion				
Mind-Body Connection				
Relationships & Communication				
Healthcare: Prevention & Intervention				
Physical Environment				

[Schedule a Discovery Session here.](#)



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