



Whole Health Personal Health Inventory (WH-PHI)

What is most important for us to accomplish today? _____

What REALLY matters to you in your life? _____

What do you need to be healthy for? _____

What activities would you like (or need) to be able to do? _____

For each area of Whole Health below, please rate yourself on a scale of 1 (LOW) to 5 (HIGH) that best represents where you are now and where you would like to be.	Where are you? (1 2 3 4 5)	Where would you like to be? (1 2 3 4 5)
Moving the Body: <i>“Energy and Flexibility”</i> Includes movement and physical activities like walking, dancing, gardening, sports, lifting weights, yoga, cycling, swimming, and activities at a gym.		
Recharge: <i>“Sleep and Refresh”</i> Getting enough rest, relaxation, and sleep. Taking breaks during your day or using vacation time for recharge.		
Food and Drink: <i>“Nourish and Fuel”</i> Eating healthy, balanced meals with plenty of fruits and vegetables each day. Managing cravings & eating healthy snacks. Drinking enough water and limiting sodas, sweetened drinks, and alcohol.		
Personal Development: <i>“Personal life and Work life”</i> Learning and growing. Developing abilities, talents, and hobbies. Balancing responsibilities where you live, volunteer, and work. Incorporating joy and laughter in your day.		
Family, Friends, and Co-Workers: <i>“Relationships”</i> Feeling listened to, connected to, and supported by people you love and care about. The quality of your communication with family, friends and people you work with.		
Spirit and Soul: <i>“Growing and Connecting”</i> Having a sense of purpose and meaning in your life. Feeling connected to something larger than yourself, to nature, or the world around you. Finding strength in difficult times.		
Surroundings: <i>“Physical and Emotional”</i> 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: <i>“Strengthen and Listen”</i> Tapping into the power of your mind to heal, cope, and manage stress. Using mind-body techniques like relaxation, breathing, or guided imagery.		

Thinking about all of these areas, what are your health goals?

Circle of Health

