

Action Plan For Improving Your Health Investment Portfolio

On a scale of 1 to 5, rate yourself on your changes in these areas during the next six months.

1 – unsuccessful / paid no attention to 5 = consistently followed / aware of / successful at

Remember, small investments made over time lead to a significant payback

Nutrition					
I eat more often with health in mind versus mood/wants.	1	2	3	4	5
I drink 8-10 glasses of what daily.	1	2	3	4	5
I drink 1-3 cups of coffee daily.	1	2	3	4	5
I drink less than 7 alcoholic drinks a week.	1	2	3	4	5
I get 7-9 hours of restful sleep most nights.	1	2	3	4	5
I pay attention to portion sizes.	1	2	3	4	5
I eat fiber-rich foods.	1	2	3	4	5
I eat few, if any, fried foods.	1	2	3	4	5
I eat breakfast every morning (a piece of bread/bagel, whole grain cereal, etc).	1	2	3	4	5
I eat desserts and other “sometimes” foods when they rate a 7-10.	1	2	3	4	5
I’ve learned to order leaner when eating out.	1	2	3	4	5

Fitness					
I park farther away to get more walking done in a day.	1	2	3	4	5
I take the stairs instead of the elevator.	1	2	3	4	5
I spend 30 minutes a day moving/walking (10 min. increments count).	1	2	3	4	5
I take part in stretching/yoga/relaxation classes regularly.	1	2	3	4	5
I engage in an aerobic activity 3 times a week. (Check with your doctor first).	1	2	3	4	5
I have had a physical exam done by a doctor during the last 3 years. (Suggested frequency for exams is dependent upon age, family, history, etc).	1	2	3	4	5
I have seen a chiropractor, physical therapist or massage therapist for aches and pains.	1	2	3	4	5
I have purchased the necessary equipment to remain active. (Shoes, headset radio, outdoor clothes, helmet, racquet, etc).	1	2	3	4	5
I have found someone to exercise with me or to hold me accountable.	1	2	3	4	5

Interpersonal					
I am more “present” when I am with family and friends.	1	2	3	4	5
I turn off work/worries more often in a conscious way.	1	2	3	4	5
I am forgiving of myself.	1	2	3	4	5
I am forgiving of others.	1	2	3	4	5
I tell others what I appreciate about them in specific ways.	1	2	3	4	5
I don’t have to be “right” in conversations.	1	2	3	4	5
I understand others’ feelings and others notice my sensitive response.	1	2	3	4	5
I put others’ needs ahead of my own when it’s appropriate.	1	2	3	4	5

Emotional					
I am rarely depressed.	1	2	3	4	5
I know that there is little outside of myself over which I have control.	1	2	3	4	5
I live one day at a time, even though I plan for the future.	1	2	3	4	5
I accept my strengths and weaknesses for what they are without apology.	1	2	3	4	5
I like my uniqueness. I am aware of my gifts and abilities.	1	2	3	4	5
I journal my thoughts, events, insights and decision to evaluate and think through circumstances.	1	2	3	4	5
I am able to say, "No, I cannot," and can set boundaries around myself and others.	1	2	3	4	5

Spiritual					
I spend 10-30 minutes in prayer/quiet time each morning.	1	2	3	4	5
I am growing in my knowledge of why I am here, where I am going, and what my purpose in this life is.	1	2	3	4	5
I have an optimistic attitude and am feeling hopeful about today and the future (evening difficult circumstances).	1	2	3	4	5
I enjoy time alone.	1	2	3	4	5
I have a place where I can go to be alone to think or write.	1	2	3	4	5
I read books and listen to tapes that challenge my thinking on a spiritual dimension.	1	2	3	4	5
I give of my time to others through volunteer work or service when needed in my neighborhood, church, or community.	1	2	3	4	5

Recommendation

Choose one item from each definition (Nutrition, Fitness, Interpersonal, Emotional, Spiritual) per month to improve upon. Write the items down and keep them where you will see these daily reminders. Evaluate your ratings each month.

Challenge

Have someone who knows you well rate your awareness and progress in these areas.

Each choice you make brings you closer or farther from your goals. Did your choices today bring you closer to ultimate health and well being? Did they bring you closer to your dreams? It's up to you!