

WHAM: Setting and Clarifying Your Whole Health Goal

General Health

	My blood pressure is within the normal range.
	My blood sugar is within the normal range.
	My cholesterol is within the normal range.
	My body weight is within the normal range.
	I have a physical exam on a regular basis.
	I have a primary care doctor that I trust and can work with.
	I do not have a chronic illness.
	I have a chronic illness, but I have learned how to control it.
	I know what areas of my health I want to improve.

Health and Resiliency Lifestyle

	I know what causes stress in my life.
	I know some things I could do to make my life less stressful.
	I know what foods are healthy and unhealthy.
	I know some healthy foods that I like and could add to my diet.
	I understand the value of physical exercise.
	I know some physical exercise activities that I enjoy and could add to my life
	I regularly get an adequate amount of sleep.
	I know some things I could do to improve the quality of my sleep.
	I know that when I help others I feel better about myself.
	I know some things I could do to help others and that I would enjoy doing.
	I have people in my life who I enjoy being around.
	I know some things that I could do to increase my support network.
	I think of myself as an optimistic person in relation to the future.
	I know some things that I can do to become more optimistic about the future.
	I have some cognitive skills to help avoid negative thinking.
	I know some things I can do to improve my cognitive skills to avoid negative thinking,
	I have spiritual beliefs and practices that sustain me during difficult times.
	I know some things I can do to strengthen my spiritual life.
	I have a strong sense of meaning and purpose in my life.
	I know some things that I can do to increase my sense of meaning and purpose.
	I know some things I could do to improve my health and resiliency.
	I am ready to work on improving my health and resiliency.

I think my current lifestyle is healthy and resilient in the following ways:

I could use these strengths to improve my health and resiliency:

Choose one or two of the following areas to work on:

Reduce stress.	Healthier eating.	Physical activity
Restful sleep.	Service to others.	Support network
Optimistic attitude	Cognitive skills to avoid negative thinking.	Spiritual beliefs and practices.
Meaning and purpose in life.		

For each one that you choose, answer this question: “What would the benefit of doing this be for me?”