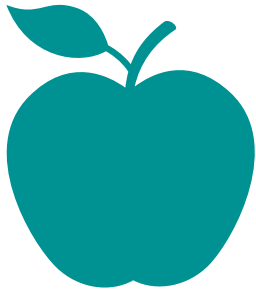


# Honest Health Self-Evaluation



	What I Eat:	How I Exercise:	How I Decompress:
1. This helps me connect with my spouse	Yes Sometimes No	Yes Sometimes No	Yes Sometimes No
2. This helps me feel closer to my family	Yes Sometimes No	Yes Sometimes No	Yes Sometimes No
3. This enables me to serve others	Yes Sometimes No	Yes Sometimes No	Yes Sometimes No
4. This helps me have energy to do what matters most	Yes Sometimes No	Yes Sometimes No	Yes Sometimes No
5. This inspires me to think more of others	Yes Sometimes No	Yes Sometimes No	Yes Sometimes No

My *Honest Health* Goal: