

Health and Lifestyle Priority Checklist



HEALTH ACTION ITEMS

- Health** Health Insurance in place (aka: sick insurance)
- Backup Insurance to fill the gaps
 - Do they cover rehab facilities?
 - Research and start a daily nutritional program to fill your nutritional deficiencies created by your diet (true health insurance)
 - Know your numbers (blood pressure, Vitamin D, vitals)
 - Create a NEW health habit (reduce alcohol consumption, mild exercise often, achieve optimal weight)

- Finance**
- Protect your income (short-term or long-term disability)
 - Protect your job (FMLA)
 - Long-term care in place (because it can also apply to rehab facilities)
 - Check your beneficiaries on your life insurance
 - Know your rights (Fair Credit Reporting Act)
 - Access to cash (savings, 401K, investments)

- Legal**
- Will in place (Spouse too?)
 - Power of Attorney in place (for minors too?)
 - Medical Power of Attorney in place (for minors too?)
 - Advanced Directives

Don't assume. Double check. Be prepared. Be organized.

LIFESTYLE ACTION ITEMS

What is that one thing you've been putting off doing? That one thing that has been nagging you? _____

Now, what is that one action step you can take to get you closer to making it happen?

How soon will you do it? _____

How do you define lifestyle? _____

What is the dream trip you've always wanted to take? _____

With whom? _____

Now, what are 3 action steps you can take to get you closer to taking the trip?

1. _____
2. _____
3. _____

Which step will you take next week (circle it)?

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