

## Talk to your doctor

If you have not seen your doctor in the past 12 months. Make an appointment -- mention it is for a general check up. When you meet the doctor say "Hey Doc, I feel great, but I'd like a comprehensive check up and please check my skin." Also, "Do you think it's a good idea that I have a general blood test?"

This is a simple, inexpensive action that may have a powerful impact on your future health and quality of life, so make a diary note to do this every year.

Before the appointment jot down questions to ask your doctor. Add notes about family history concerns, for example, has anyone in your family had bowel or other cancers, diabetes or heart disease? Note any overdue screening, for example, mammogram, PAP, skin:



Doctor's recommendations and items to follow up:

Personal goals or actions resulting from meeting the Doc:

### **OK - that other appointment!**

**You know, the one you are going to have with the most important person in your world: YOU!  
To answer the AM I? CAN I? WILL I? questions (check out the laminated page you have).**

**date:**

**time:**

## Use this to start that meeting with yourself.

Jot down the things in your life that are most important to you. Then give yourself a mark out of 10 as to how well you have that item balanced in your life.

_____	/10	_____	/
_____	/10	_____	/
_____	/10	_____	/

If they are not 10/10. Why? Why do we put off those things until “Tomorrow”?  
What gets in the way? Jot down the reasons and potential solutions:

“What are the small things, the easy stuff, you can do to enhance the quality of your life. To live the life that I want to live. You know -- the stuff that really matters.  
Write down personal goals that will bring you closer to 10/10 every time: