

Prevention Activities

Overall, these prevention activities are designed to preserve what’s important or protect what’s valuable from harm. The following exercises are designed to help you prioritize what’s most important to you and to evaluate if you are truly taking care of “first things first.” These activities may enlighten you or trigger ideas that go beyond the realm of physical health. If so, that’s great; go with it—particularly if you are doing well in preventive health and something else is more important to your well-being at this time. To get the optimal benefit from this section readers are encouraged to dig deep, to be brutally honest and think as holistically as possible about your habits and your future.

Activity 11.2 What I Value Most

Use this activity to gain clarity on what’s really important to you now, and 10 years from now.

Part 1. What’s most important to me?

For this activity you’ll want two different color pens. With one color pen, from a low of 1 to a high of 10, choose and circle one number per row that reflects how much you value each item right now. Next based on the scores, rank the items from highest to lowest.

Rank	Item of value	Priority									
		Low			Medium				High		
	My own life and safety	1	2	3	4	5	6	7	8	9	10
	My health	1	2	3	4	5	6	7	8	9	10
	My appearance	1	2	3	4	5	6	7	8	9	10
	My fitness and energy	1	2	3	4	5	6	7	8	9	10
	Time and flexibility	1	2	3	4	5	6	7	8	9	10
	Fun—doing what I want for enjoyment	1	2	3	4	5	6	7	8	9	10
	Being a good person	1	2	3	4	5	6	7	8	9	10
	Doing quality work—professional success	1	2	3	4	5	6	7	8	9	10
	The well-being of my significant other, children, close friends, or family members	1	2	3	4	5	6	7	8	9	10
	Enough money to buy what I want	1	2	3	4	5	6	7	8	9	10
	My/our financial security	1	2	3	4	5	6	7	8	9	10
	Other:	1	2	3	4	5	6	7	8	9	10

Are you taking care of your top priorities? If not, star the items that require your immediate attention and jot any initial ideas down now before going on.

Part 2. Now, do the entire activity again pretending you are 10 years older.

Rank	Item of value	Priority									
		Low			Medium				High		
	My own life and safety	1	2	3	4	5	6	7	8	9	10
	My health	1	2	3	4	5	6	7	8	9	10
	My appearance	1	2	3	4	5	6	7	8	9	10
	My fitness and energy	1	2	3	4	5	6	7	8	9	10
	Time and flexibility	1	2	3	4	5	6	7	8	9	10
	Fun—doing what I want for enjoyment	1	2	3	4	5	6	7	8	9	10
	Being a good person	1	2	3	4	5	6	7	8	9	10
	Doing quality work—professional success	1	2	3	4	5	6	7	8	9	10
	The well-being of my significant other children, close friends, or family members	1	2	3	4	5	6	7	8	9	10
	Enough money to buy what I want	1	2	3	4	5	6	7	8	9	10
	My/our financial security	1	2	3	4	5	6	7	8	9	10
	Other:	1	2	3	4	5	6	7	8	9	10

What are the differences in priorities between time frames?

Are you taking care of your top priorities? Yes or No

If not list the top 3 priorities that need to be addressed.

Place a number by the one you think is most important. Star any that you commit to working on. If you want to pursue this as a goal, please next move on to Activity 21. Wellness Compass Journey. Step. 2.1