SET YOUR MIND. SET YOUR GOALS.

YOUR LIFE PLAN CAN BE AS UNIQUE AND SPECIAL AS YOU ARE.

A happy and healthy life is something we all have the power to create. The decisions you make every day can help you achieve a healthier tomorrow.

Putting together a Life Plan is a great way to know yourself better and make the best choices for the life you want. This booklet will show you how to create your own Life Plan and guide you in the right direction.

Take your time when writing out your plan. Keep it in a safe and handy place so you can easily refer to it whenever you need to. Show it to your health care provider at your next visit. It's important to discuss your Life Plan with people who can help you achieve your goals. Ready to get started?

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YOUR FUTURE

Have you ever thought about what your life will be like five years from now?

• What is your biggest dream? .....

.....

.....

• What 3 steps can you take to make that dream possible?

1. .....

2. .....

3. .....

• How much education do you want to complete? .....

.....

• What type of work would you like to do? .....

.....

• How do you plan to pay for things such as food, clothing, transportation and medical insurance?

.....

.....

• What makes you unique? What are your best qualities? .....

.....

• Do you see yourself in a committed relationship someday? .....

IT'S BETTER WHEN A WOMAN PLANS HER PREGNANCY. BUT ALMOST 50% OF ALL PREGNANCIES ARE UNPLANNED.

DRINKING ALCOHOL INCREASES THE RISK OF UNPLANNED PREGNANCY.

YOUR CHOICE

Having a Life Plan helps you make important choices in your life. A *Reproductive Life Plan* is a set of goals you can make about having or not having children. You may change your mind over time — that's okay.

Do You Want to Have Children Someday?

YES, I want to have children someday:

- How many?.....
- How old do you want to be when you have your first baby, or your next baby?.....
- How many years would you like there to be between children? (After having a baby, it's a good idea to wait at least 18 months before getting pregnant again to maintain the best health for your body and your children.)

.....

- Do you have a plan to prevent pregnancy until you're ready?
  ☐ Yes ☐ No
- What birth control methods are you/will you be using?.....

.....

- Have you considered not having sex?
  ☐ Yes ☐ No

If you got pregnant before you were ready, what would you do? .....

.....

NO, I don't want to have any children:

- Do you have a plan to prevent pregnancy? ☐ Yes ☐ No
- What birth control methods are you/will you be using?.....

.....

- Have you considered not having sex?
  ☐ Yes ☐ No

If you got pregnant anyway, what would you do?.....

.....

If you don't have a plan to prevent pregnancy, you have a plan to get pregnant.

SLEEP
CHEESE
FRUIT
MILK
BANANAS
WHOLE WHEAT PASTA
WALK
BERRIES
RAISINS
BREATHE
MEAT
EXERCISE
BALANCED DIET
GRAINS
EGGS
MANGOS
PEACHES
OATMEAL
FISH
SERVING SIZE
FOLIC
YOGA
ACID
LIVING
RUN
GRAPES
OLIVE OIL
EAT
HEALTHY
RELAX
VEGETABLES

YOUR HEALTH NOW

Staying healthy is an everyday habit. Everyone needs to work at it. See how you do with these questions. Do you:

• Exercise 3 to 5 times a week?	☐ Yes	☐ No
• See your dentist once a year and brush/floss your teeth twice a day?	☐ Yes	☐ No
• See your health care provider for a checkup once a year?	☐ Yes	☐ No
• Know your family's medical history?	☐ Yes	☐ No
• Know you always have a safe place to stay?	☐ Yes	☐ No
• Have a plan to stay tobacco-free?	☐ Yes	☐ No
• Avoid exposure to chemicals at home, at work and outdoors?	☐ Yes	☐ No
• Get 6 to 8 hours of sleep every night?	☐ Yes	☐ No
• Eat a well-balanced diet?	☐ Yes	☐ No
• Avoid eating a lot of sugar and fatty foods?	☐ Yes	☐ No
• Take a multivitamin with folic acid every day?	☐ Yes	☐ No
• Get tested for HIV/AIDS and other Sexually Transmitted Diseases (STDs)?	☐ Yes	☐ No

Give yourself one point for every YES answer and add up the total points to see how well you're doing or what you can still work on.

Your Total Score:

10–12: Congratulations! You're doing great.

8–9: You're on the road to a healthy lifestyle.

6–7: You've made some good decisions, but talk to your health care provider about changing some habits to help improve your health.

0–5: Now is the time to start living a healthy lifestyle. It's important that you have an honest discussion with your health care provider about how to make changes.

So, now that you know how you're doing, you can look back at this quiz often and see how well you're keeping up—and how much progress you've made.

FACE THE FACTS. Answer the following honestly:

• Do you use tobacco?	☐ Yes	☐ No
• Do you drink alcohol?	☐ Yes	☐ No
• Do you binge drink (have four or more alcoholic drinks at one time)?	☐ Yes	☐ No
• Do you use drugs or medications that aren't prescribed for you?	☐ Yes	☐ No
• Do you eat too much or not enough?	☐ Yes	☐ No
• Do you have sex with more than one partner?	☐ Yes	☐ No

If you answered yes to any of the above, you are taking risks that could harm you. Whether or not you're planning on having a family someday, it's time to start breaking poor habits today for a happier and healthier tomorrow.

REGULAR EXERCISE AND A HEALTHY DIET CAN PREVENT MANY TYPES OF DISEASES.

OBESITY LEADS TO DIABETES, HIGH BLOOD PRESSURE, AND HEART DISEASE.

FOLIC ACID PROMOTES WOMEN'S HEALTH, ESPECIALLY HEART HEALTH.

THE SKIN YOU'RE IN

Chronic diseases like diabetes or asthma can have serious effects on your future health. But you can change that. Stay on top of your health by seeing a health care provider regularly and following his or her directions for managing a chronic disease.

Keep chronic diseases or health conditions under control. Check if you have:

- ☐ High blood pressure
- ☐ STDs (Sexually Transmitted Diseases such as genital warts or herpes)
- ☐ Diabetes
- ☐ HIV/AIDS
- ☐ Obesity
- ☐ Asthma
- ☐ Thyroid conditions
- ☐ Seizures
- ☐ Depression

If you are unsure about any of these, discuss your concerns with a health care provider as soon as possible.

Immunizations or vaccines can help keep you from getting certain diseases.
Make sure your vaccines are up-to-date. To find out what vaccines are right for you, check out the Centers for Disease Control and Prevention (CDC) website: **www.cdc.gov/vaccines/vpd-vac/default.htm** *then talk to your health care provider. Some of the most common vaccines are listed below.*

- ☐ Measles, Mumps and Rubella (MMR)
- ☐ Hepatitis B
- ☐ Varicella (Chicken Pox)
- ☐ TDaP (Tetanus, Diphtheria and Pertussis)
- ☐ HPV (Human Papilloma Virus) (if you are less than 27 years old)
- ☐ Meningitis
- ☐ Influenza

A BABY BORN TOO SOON (before 37 weeks)
OR TOO SMALL (less than 5½ pounds)
FACES AN INCREASED RISK OF SERIOUS HEALTH PROBLEMS (such as cerebral palsy, intellectual disabilities and learning problems)
AND EVEN DEATH.

SMOKING NEARLY DOUBLES A WOMAN'S RISK OF HAVING A LOW BIRTH WEIGHT BABY.

FAMILY TREE

Health problems can come from parents or other relatives. If you know the health backgrounds of your family, you're a step ahead in understanding problems that could affect you, your future and any children you may have. That's why it's important to know about your past. Ask your family members about their health history and write down what they tell you in this booklet.

Check if any relative has had:

☐ A baby born before 37 weeks (too soon)

☐ A baby who weighed less than 5 1/2 pounds when it was born (too small)

☐ Pre-eclampsia (high blood pressure during pregnancy) or eclampsia (seizures while pregnant)

☐ Diabetes or gestational diabetes

☐ Two or more miscarriages

☐ Problems getting pregnant

☐ A stillborn baby (a baby that was not alive when it was born)

☐ A baby with a birth defect

☐ Depression before or after the baby was born

☐ Asthma

☐ Heart or lung disease

☐ A stroke

Other health problems (list them here):

•

•

•

•

Be sure to talk about any health problems with your health care provider at your next visit.

SPECIAL
LOOKING AHEAD
STAY STRONG
ENCOURAGING
HEALTHY RELATIONSHIPS
CONFIDENCE
SELF-ASSURED
LOVE YOUR BODY
DEPENDABLE
SUPPORTIVE
POSITIVE
FRIENDS
ATTRIBUTES
IGNORE
NEGATIVITY
A STEP AHEAD

INNER HEALTH

Emotional wellness means you feel good about yourself, your relationships and your purpose in life. It does not mean that you will never be sad, angry or confused. Everyone will have some of these feelings from time to time. When you are emotionally healthy, you will have fewer lows and be able to bounce back from sad times faster. Here are some ways to build emotional health:

APPRECIATE YOURSELF

Value who you are and what you do:

- Take care of your body
- Think positively
- Make time for activities that you enjoy and that are meaningful to you
- Identify your strengths

FIND BALANCE AND PURPOSE

This will be different for each woman:

- Learn about yourself...what makes you happy or sad
- Decide what you want from life
- Set goals and identify steps to reach them
- Learn positive ways to deal with stress, such as exercise, meditation and reading

CONNECT WITH OTHERS

Connecting with others can help you find meaning in life and feel valued.

- **Be safe in relationships**
- Find people you can connect with who respect and value you
- Surround yourself with caring and supportive family and friends
- Help others in need
- Be more mindful of others and their situations
- Identify with your own racial, ethnic or cultural background and learn about other cultures

For free help, call the Delaware Helpline at 1-800-464-HELP or dial 2-1-1.

These tips come from a great tool called "Bright Futures—A Woman's Guide to Emotional Wellness." Visit **www.hrsa.gov/WomensHealth/ewtools/wguide/index.htm** to get a free copy of the guide!

AFTER HAVING A BABY, IT'S A GOOD IDEA TO WAIT AT LEAST 18 MONTHS BEFORE GETTING PREGNANT AGAIN TO MAINTAIN THE BEST HEALTH FOR YOUR BODY AND YOUR CHILDREN.

3 DAYS AFTER YOU MISS A PERIOD, YOUR UNBORN BABY CAN BE AFFECTED BY YOUR HEALTH HABITS.

HEALTHY CHECKLIST

Here's a list of some of the main things we've addressed—some will help you now, all will affect your future. Mark the ones that you want to work on.

Make some changes now to help you get healthier:

☐ I will exercise at least 30 minutes per day, 5 or more days a week. (**www.getupanddosomething.org** has great tips to get you started.)

☐ I will start to eat better. (**www.mypyramid.gov** offers great ideas for healthy eating.)

☐ I will take a multivitamin with folic acid every day.

☐ I will talk to my health care provider about the health problems that could hurt me in the future—especially if I get pregnant—such as asthma, high blood pressure, thyroid conditions and infections.

☐ I will talk to my health care provider about birth control.

☐ I will make sure my vaccinations are up-to-date.

☐ I will ask my parents and other family members about their own health and what problems I could inherit from them. I will be especially sure to ask if there have been any babies born too small or too soon in my family.

☐ I will get help if I feel anxious, feel depressed or feel like hurting myself. (The Delaware Helpline is a free service that can help you. Call **1-800-464-HELP** or dial **2-1-1** or ask your health care provider.)

☐ If someone is physically abusing me or if I feel that I am being mentally abused, I will get help now. (The Delaware Coalition Against Domestic Violence offers a 24-hour domestic violence hotline. If you live in Kent and Sussex Counties, call **302-422-8058**. If you live in New Castle County, call **302-762-6110**. If you live in Northern Kent County, call **302-678-3886**.)

Make smart choices for a happier, healthier future:

☐ I will find a way to finish school or enroll in a school that can help me get started on a career that will make me happy. Then I will find a job that will help me reach my goals.

☐ I will put together a financial plan to help me understand how much money it will take for me to live the life I want.

☐ I will be sure to make and keep regular appointments with my health care provider and dentist.

☐ I will make a promise to myself to stay healthy because it will make me feel good about myself. It will also help me have the best chance of having a healthy baby when I think the time is right.

START ON YOUR PATH TO HEALTHY LIVING BY MAKING SOME PROMISES TO YOURSELF. WHEN YOU LOSE FOCUS, OR ARE UNSURE OF A SITUATION, OPEN THIS LIFE PLAN TO SPARK YOUR PASSION FOR A HAPPY AND HEALTHY LIFE.

HAPPINESS IS INSIDE

YOUR THOUGHTS DO YOUR BEST

INNER POWER IS REAL POWER

WRITE IT DOWN

KEEP UP REMEMBER

REMIND YOURSELF YOU CONTROL YOUR FEELINGS

LIVE FOR THE FUTURE

TRACK YOUR PROGRESS

Use this space to write down your most important goals and track your progress.

ACCOMPLISHMENTS

You can measure your success in small achievements. Use this space to write down your daily, weekly or monthly accomplishments. No matter how small, each one leads you closer to living a happy and healthy life.

NOTES

It is very important to make sure your family and medical history is in one, easy-to-find place. Use the space below to write down notes, phone numbers or any other information that will help you reach your goals.

It's important to create healthy habits that will help you achieve your goals. Eating well, exercising every day and surrounding yourself with positive, supportive people are great ways to prepare your body and mind for anything and everything. Poor health habits, like smoking, drinking and taking drugs, can seriously affect you and your family. If you need health services, call the Delaware Helpline at 1-800-464-HELP or dial 2-1-1, or visit www.HealthyWomenDE.com.

BIG YOU WILL FOLLOW GROW
GOALS YOUR DREAMS PRIORITIES
FINANCIALLY YOU ARE UNIQUE
STABLE NOURISH PEACE
EDUCATE PLAN YOUR HEALTH
SEE YOUR FUTURE
DETERMINATION THINK WORK CHOICE
STRIVE EACH DAY LEARN ACHIEVE
HEALTHY CHOICES
YOU CAN SUCCESS JOY
ENCOURAGE

Help and encouragement are just a free phone call away:

- To find services near you for preconception health (before pregnancy) or prenatal health (during pregnancy), call The Delaware Helpline at **1-800-464-HELP or dial 2-1-1, or visit www.HealthyWomenDE.com.**
- To quit smoking, if you're a Delaware resident 18 years of age or older, call The Delaware Quitline at **1-866-409-1858.**
- To schedule vaccinations or learn more about them, call The Delaware Immunization Hotline at **1-800-282-8672.**

DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
Center for Family Health Research and Epidemiology

Delaware Healthy Mother & Infant Consortium
Embracing the future of Delaware

Planned Parenthood® of Delaware

University of Delaware | College of Health Sciences
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