



# What is Your Health Table?

## Overview

Your health table does determine relationship compatibility. A person can love you but not be willing to endure certain health issues you might have. In addition, sometimes you can wait too long in life to “do right” and then expect someone to “take you in” and your health issues. There was a time when you had the chance to address health issues, but you ignored them. You are expecting the person you want to be with to take you as you are. A potential partner might conclude that you and your health issues are not their responsibility. That person does not have to be a gold digger. That person can be an everyday individual who has different plans for their life.

For example, by the time some men get to a certain age, they either want a nurse or a purse. They have played the field their whole lives, believing that when they decide to settle down, there will be someone available to help them. There is no guarantee that a “good person” will be at the end of that toxic, distraction-filled road you created for yourself. You cannot mess over good to get to better. This means that you cannot expect to get the same kind of woman or man you had access to in your 20s and 30s when you get to your 50s and 60s, especially when you need a romantic partner the most. Your health is not just your physical health. It is also your mental health, and no future partner wants to deal with all the issues you created and never resolved in a new relationship. Keep these ideas in mind as you complete the following exercise.

## What are your current health issues, including mental health?

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