

MY WELLNESS VISION

What's going WELL in your life right now?

What qualities do you most appreciate about yourself?

What elements of your health & well-being do you want to improve?

Why now?



What do you look & feel like at your ideal level of wellness?

What kind of person do you want to be when it comes to your health & wellness?

What feelings are coming up for you as you think about this vision?

What have been your best experiences so far with your vision?

What's at stake if you don't reach this vision? What good will come if you do?

WHAT ARE YOUR...

Challenges?

Strengths?

Resources?

I AM...

MY 3-MONTH GOALS

GOAL #1:

GOAL #2:

GOAL #3:

Is this an action rather than an outcome?

Y N

Am I in the preparation stage or higher for this?

Y N

THIS WEEK'S GOALS

GOAL #1:

How will I remember to do this?

GOAL #2:

What is my back-up plan?

GOAL #3:

Is this realistic?

What sacrifices do I have to make?

Why does this goal matter?