

## **Create Your Own Wellness Vision**

Name: \_\_\_\_\_

**My Wellness Vision is:** describe how you (would like to) see yourself in time. Paint such a clear picture of who you are and how you will be, it's as clear as a painting on your wall. This is a statement of your objectives for your life with health as a key contributor to your success.

**My motivator(s) for being/doing/achieving this vision is:**

**The obstacle(s) that could/will get in the way of this vision is/are:**

**My strategies to overcome these hassles/challenges/obstacles are:** (Include tools, resources, people, boundaries you need to set with and for yourself and others.)

**One more question to consider: If I don't pursue this vision for myself what price will/could I pay in the future?**

Fill this out, make copies and put them anywhere that will remind you of your Wellness mission, vision and goals as you go about your day. Remember: your choices today will either bring you closer or further from your goals. Where will your decisions bring you today?