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| Proposed Change: | Treating Your Health as Wealth | Current Date: |  |
| Change Date: |  | Transition Period: |  |

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| BEGIN YOUR TRANSITION |
| **5-I TRANSITION COMPONENT** | **RESPONSES** |
| **1. INTRODUCE:**What is the basic purpose behind the outcomes you seek. What is the main problem related to your health and wellness?Provide answers to these questions: * What is your major concern about your health and wellness? Who says so, and on what evidence?
* What would happen if you did not change to improve your health and wellness?
* What impact would this have on your family, friends, work team and colleagues?
* What would happen if you did make the changes?
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| **2. ILLUMINATE:**Create a picture of how you want to look and feel in the future. Imagine what it will be like when you meet your future self.Provide answers to these questions: * How will you look and feel?
* What will you do differently?
* What will be new for you?
* Who will be with you on your wellness journey?
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| **3. INVIGORATE**Lay out realistic plan for creating the outcomes you desire. How will you get to where you need to go?Provide answers to these questions: * What are the main areas you want to change?
* What is your end goal for each area?
* For each area, what one change can you start doing today to get you started?
* What knowledge and skills do you need to be successful?
* What support do you need to make the transition?
* How will you integrated wellness into your day?
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| **4. INSIGHT & 5. INSPIRE**Set yourself up for your sustained lifestyle transition. What do you need to enhance resiliency and sustain your wellness journey?Provide answers to these questions: * What support and resources do you need to be successful? Where will you get support?
* What role will family and others play in your transition?
* How will you keep yourself on track throughout your journey?
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