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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? |  |
| **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? |  |
| **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? |  |
| **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? |  |