Chapter 9: Create Your "Wellness Vision" Worksheet

Think about what life looks like and feels like when you are at your best self.

Set aside 15 minutes of quiet, uninterrupted time to complete this activity. Relax, take a deep breath and picture yourself in the future. Then:

1. Enter your Wellness Why and your Top 5 Strengths below.
2. Review your list of pros you created for choosing the road to change.
3. Complete the column labeled "**Values & Desires**." Ask yourself, what do I desire as a positive future outcome? What is most important to me?
4. Next, complete the column labeled "**Action**." Ask yourself, what needs to happen for me to realize each desire and live my values?
5. Combine/summarize all your actions with the associated values & desires to create your "Wellness Vision" using the formula "I am (action) so I (realizing my desires and living my values)"

a) My Wellness Why:

b) My Top 5 Strengths to Leverage:

d) Actions (I AM)	**c) Values & Desires (SO THAT)**
Sample: I am eating mindfully	*Sample: so I can enjoy food while losing weight*
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.

e) My Wellness Vision

I am (action) so that I (realizing my desires and living my values)