

WELL-LEADER MINDSET™ CREED

- I believe I have the ability to give myself the gift of health and wellness and that my selfcare is a top priority in my life.
- I believe I am not at the mercy of my genetics; I can and I will control my health and wellness destiny.
- I believe I have uncovered my true Wellness Why, the Why that controls my thinking, elicits strong positive emotions, and drives my new thoughts and behaviors.
- I believe I already possess the strengths and values to live my best self; I am confident I know how to use them to strengthen my Wellness Presence and make my wellness journey feel authentic, enthusiastic, and engaging.
- I believe I have everything to gain from achieving the long-term health and wellness I desire; I understand the importance of transitioning my beliefs and thinking first before attempting to change my behaviors.
- I believe I have a clear, unencumbered Wellness Vision that provides a compelling description of me at my best self; I actively think about my vision every day to change my thinking and change my life. I view failure as an opportunity to learn, expand my possibilities, and achieve even more.
- I believe I have aligned my lifestyle wellness strategy with my Wellness Vision. I believe my tactics and distractions are enough to achieve my Future Targets; I can and I will do the work to make my vision a reality.
- I believe my health is as important as my wealth, and I treat my strategic lifestyle wellness as a long-term investment in myself and my legacy. I focus on optimizing my return on my health and wellness investments and monitor and manage my investment wisely.
- I believe I can manage my external circumstances. I have the power inside of me to manage my thoughts and create the experiences I desire. I believe the health and wellness changes I experience create a ripple effect and impact others in positive ways.
 - I believe it is my duty to live my best life and empower others to better well-being. I believe I am an effective health and wellness role model who advocates for lifestyle wellness at home and in my organization.