



Defining Your Wellness Journey & Goals

Health and wellness goals can sometimes feel overwhelming and difficult to manage. It can help to connect your goals to a more broad wellness vision or a WHY that you have for yourself. Having a vision of your future health can inspire you and make it easier for you to achieve your wellness goals.

Steps to creating your wellness vision:

- 1 Think of yourself in a place of lifestyle balance and great health. What does this look like? What is possible for you in this state? What rewards come from being healthy?
- 2 Think about what you really need and want for your health. Take your time and reflect on what feels most meaningful.

Here are some examples:

"I am healthy enough to live a long and productive life and to support my family."

"I have energy every day and am able to play with my grandchildren."

"I am happy with myself and really like the person looking back at me in the mirror."

Now, write your wellness vision.

In my wellness vision...
