

Creating a Wellness Vision

Make sure you create a place and time that you will not be interrupted to take time for yourself to think about your vision of a well-life. Think about this as a 'dynamic---everchanging' vision. Your vision should be a compelling statement depicting what behaviors you want to do consistently enabling you to live life to the fullest. This statement describes you living at your fullest emotionally, physically and spiritually.

Defining our foundational values and beliefs

Read list provided on your bookmark and select three words that stand out to you. Go with your first intuition.

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With these words in mind, but not limited to these words, take time to answer the following questions?

What do you value most in your life?

In your 'ideal life' what are you doing more of?

In your 'ideal life' what are you doing less of?

Who is in your life?

What does a day in your life look like?

Arrive at a 2-3 sentence statement that expresses your idea of what it would look like to be living your well-life vision --- not confined by who you are today, but molded by experiences and passion for living life to the fullest.