

YOUR WELLNESS VISION

BY DANIELLE DINKELMAN
NBC-HWC

**if DIETS
DON'T WORK,
WHAT DOES?**

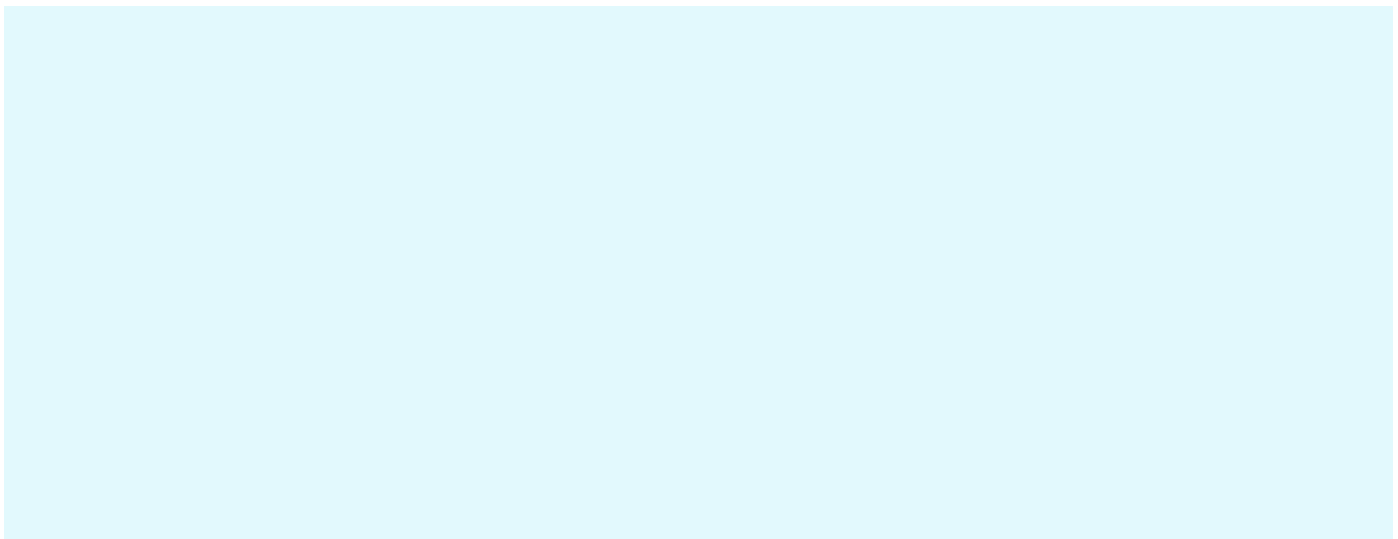
YOUR WELLNESS VISION

In any endeavor, it is important to get crystal clear on your WHY. Your Wellness Vision is the painted picture of what could be if you were in the best health of your life. By getting crystal clear on what that would look like for you personally, you are setting your sights on the direction you want to go in your health journey, and WHY you are committing to work toward something better.

It's time to think big. *[Go to the guided visualization video in your toolkit to dive deep with your vision]*

Pretend you climb into a time machine, and fly forward to 5 years in the future. Imagine you climb out and spend a day following yourself around. You see yourself in your ideal picture of health. You are happy, well, and balanced. What is your future self doing? What habits do you have? How do you feel in your body? What activities are you involved in? Who are you, and how are you new, and different?

Describe your future self in present tense: *(Use sentences that start with "I am", "I feel", "I have". Write as much or as little as you like. Try to capture the feeling. See the dream.)*



YOUR VISUALIZATION SNAPSHOT

Harness the power of your thoughts by creating a snapshot of your wellness vision that you can use as part of a regular visualization practice.

Choose a moment, or an activity that you can see your future self in, that will be most meaningful for you. Choose something that represents the level of health & happiness you've created for yourself.

Bring it to life with as much detail as possible. Incorporate all 5 senses into your snapshot - what does that moment look like, feel like, even taste and smell! You know you've done it right when it brings a smile to your face.

Describe or draw your Visualization Snapshot here:

USING YOUR WELLNESS VISION

I recommend interacting with the Wellness Vision you've created on a regular basis. Do what feels supportive, encouraging, and exciting to you. Would that be daily? Weekly? Monthly? Most definitely plan on at least every three months revisiting your Wellness Vision and asking yourself what parts of it you've already been able to create. If you use the tools in the rest of the book and go on to set actionable goals in your Wellness Blueprint, you may be surprised at how much of your Vision is possible sooner than you think.

You're off to a great start. Continue reading the book and continue using the tools in the toolkit along the way. By doing this, you are creating a plan and a journey absolutely unique to you!

Take care,

Danielle

