

Make sure you put your wellness vision somewhere visible so you can see it often. It's this vision that will push you to keep moving forward as the Lord shapes your thoughts, desires and decisions. In short, it's the compass that guides you on your life journey of Christ-centered foundational wellness.

Questions and Examples to Help You Create Your Biblical Wellness Vision

We can make our plans, but the Lord determines our steps. -Proverbs 16:9

Even if you have no idea (yet) how you will accomplish your wellness vision, writing it down and putting words and visuals to it will help set it in motion as the Lord determines your steps. Each day ask the Lord to give you an ear to hear, eyes to see, and wisdom to discern any opportunities He may be sending your way that support your wellness vision and goals. Remember, God speaks in many ways, so be sensitive to the people around you and those in your circle whom He could use to speak through. Always be obedient to the still small voice in your heart that may be nudging you to take a particular course of action. God says he will make our way prosperous and cause our plans to succeed if we will put our trust in Him. It's when we trust Him that we begin to align our plans and vision with His plan and vision for our life. And it is that alignment to Him that brings unspeakable joy.

Questions to think and pray through to help you write your wellness vision...

1. What are my God-given talents, passions, and gifts?
2. Do I view my body as a temple of the Holy Spirit?
3. Is there anything in my life that I feel the Lord is wanting me to stop doing? *Reflect on behaviors or commitments that drain you or bring about negative thoughts that the Lord may be telling you it's time to not do this anymore.*
4. What are some good things I feel the Lord wants me to continue doing? *Acknowledge the positive aspects of your life that you want to maintain and keep doing.*
5. What has the Lord been speaking or revealing to me specifically or even through other people, dreams, or visions?

Example Wellness Vision

"I am more joy-filled as I pursue all the Lord has for me - even among the chaos of everyday life. I am okay with not getting it all done and taking time to rest. I am spending more time in simple quiet with the Lord. I am eating mostly healthy and whole foods. I am physically strong and fit; working to keep my body as healthy as I can for all the things God has for me. I am placing Jesus at the center of my life, and co-laboring with Him daily in each step, even in the unknowns."
