
Creating Your Own Wellness Vision

A wellness vision is a description of your ideal place to be when your health and wellbeing are optimized. It is your desired end goal, a clear image of what you want to achieve by focusing on your overall wellness.

Use the lines below to write out your own wellness vision – start with the “I am...” statement to get you going.

I am...

Whenever you feel stuck, refer to your wellness vision, and repeat it back to yourself as needed to help keep you motivated.