

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.

<u>I am</u>	

Make sure you put your wellness vision somewhere visible so you can see it often to remind yourself why you started this journey. Whenever you feel stuck, refer to your wellness vision, and repeat it back to yourself as needed to help keep you motivated.