Creating Your Own Biblical Wellness Vision

A Biblical wellness vision is a well thought out statement written and verbalized in the present tense, as though it is already being achieved. It is a roadmap that serves as your foundation for goal setting as you co-labor with the Lord and He leads and aligns your steps. Use the lines below to write out your own wellness vision – start with the "I am..." statement to get you going.

I am...

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.