



Women of Wellness

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Success Story Vision Builder

Instructions: Inspired by the success stories in Chapter 10, craft your own 5-year wellness leadership narrative. Use the guided prompts below to build a vivid, achievable vision.

Reflect on obstacles and outline steps to make them real. Your 5-Year Success Story:

Write a short paragraph as if looking back from 5 years in the future. Describe your transformed organization (e.g., retention rates, culture shifts), your role, and the ripple effects (e.g., industry influence, personal fulfillment).

Obstacles Reflection:

List 2-3 potential challenges (e.g., resistance from stakeholders, budget constraints) and how you'll overcome them.



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Steps to Success:

Outline 3-5 actionable steps to start building this vision (e.g., recruit a wellness champion, audit current culture).

Final Reflection: What excites you most about this vision? Share it with a peer for accountability or connect with our community.
