

PERSONAL VISION ACTIVITY

To create your vision, ask yourself the following questions:

1. What are 2 things I would like to change about my health today?

Identifying your short-term goals helps identify and prioritize what is most important to you. Perhaps you want to address your frequent headaches, acid reflux, joint or muscle pain, bloating, eczema, acne, cold sore outbreaks, or chronic fatigue. Focusing on just a couple of high-impact areas is a great place to start.

2. What aspects of my health would I like to address in the long-term?

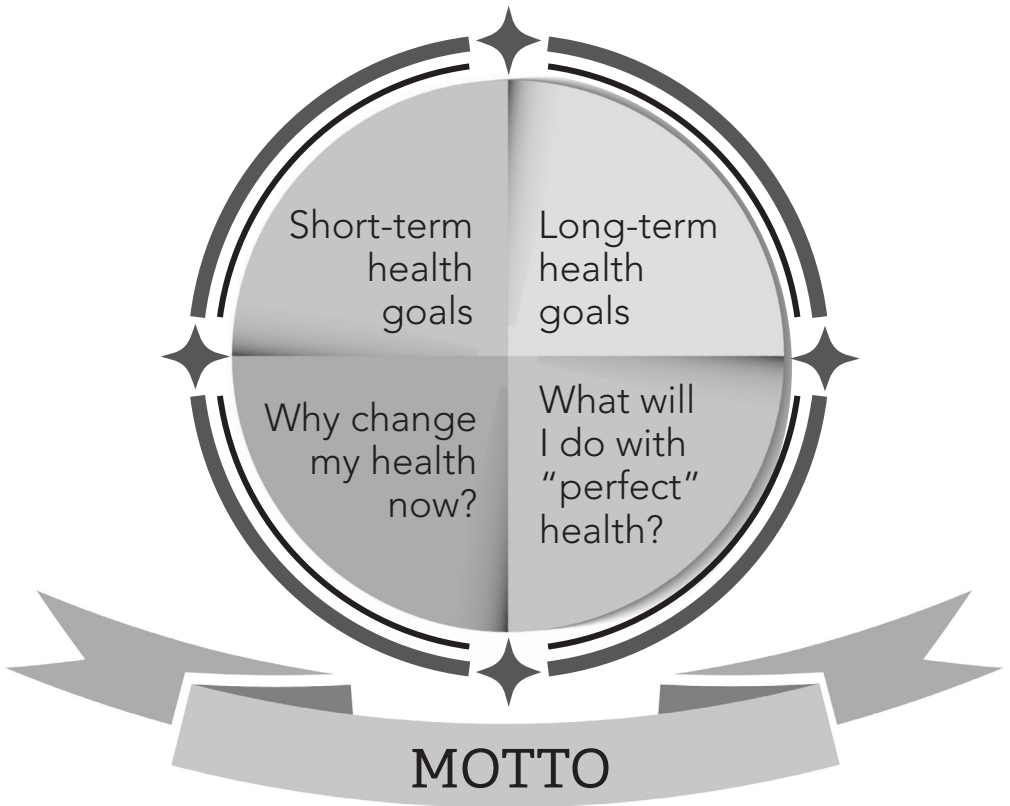
Think of your long-term goals like a holiday wish list. Maybe you want to achieve normal blood work results, repair your gut lining, strengthen your immune system, or prevent a family history of illness. Perhaps you just want solid, uninterrupted, deep sleep every night!

3. Why change now?

Who and what is most important to you today? How does your health affect them or the current situation? Can you postpone the change, and if so, for how long?

4. What will I do with "perfect" health in the future (3-5 years or more)?

It can be a bit scary to dare and think about all that is possible with amazing health. The sky is the limit with this question so dream big and small.



Short-term
health
goals

Long-term
health
goals

Why change
my health
now?

What will
I do with
"perfect"
health?

MOTTO

PERSONAL HEALTH VISION

