



DEVELOPING A WELLNESS VISION: Client Worksheet

What is a wellness vision?	A vision is a compelling statement of who you are and what healthy behaviors you want to do consistently.	Use this column to make notes...
First: Picture it	What kind of person do you want to be when it comes to your health, wellness or fitness? What would you look and feel like at your ideal level of wellness? Tell me what this vision of yourself looks like...	Jot down some words/phrases:
Key elements	What are the most important elements in your vision? Consider the wellness wheel... If you keep these in mind, how will they help you stay on track?	
Motivators	What makes this vision really important to you? Why do you really want to reach this vision? What good will come from you doing this?	
Core Values	Without being modest, what do you value most about your life? What values does your wellness vision support?	
Summarize	Considering what you have reflected upon here, write a comprehensive vision statement that begins: "I am..."	

Reflecting on the Wellness Vision: Follow-up questions to consider at future sessions

NOTE: These are questions/areas that can be explored regarding your wellness vision at a future session. They are provided to you here as a source of reflection, after you have created a draft of your vision statement. These items may also be used to evaluate progress at various points in your program.

Best Experiences	What have been your best experiences to date with the key elements of your vision? Think about times when you have felt alive and fully engaged i.e. when you've felt fulfilled/well...	
Strengths	What strengths can you draw upon to help you realize your vision and meet your challenges? How can the lessons from your success in life carry over to your current challenges?	
Challenges	What significant events do you anticipate having to deal with on the way to reaching your vision? What concerns you most?	
Supports	What people, resources, systems and environments can you draw upon to help you realize your vision and meet your challenges?	
Strategies	What strategies may be effective to help you realize your vision and meet your challenges?	
Confidence	On a scale of 1-10, with 10 being really confident and 0 being no confidence, how confident are that you can close the gap between your current state and your vision?	