

WHAT'S YOUR BIG "AH HAH!!" ?

What do you value most in your life ? Why?

What gives you the greatest joy in your life? What are the key ingredients both internal and external that enable you to be at your best and have great joy?

Describe one of the best experiences you have had involving joy, peace and contentment.

Who are you when you are your best, physically, mentally, emotionally and spiritually?

CREATE YOUR VISION

Envision the best of what might be. Paint a picture of what you would like look like and feel like at your ideal level of wellness and the motivators to achieve this health level.

Feel free to use your 3 wishes and dreams.

Dream- 3 wishes

Think about your hopes & dreams for the future. If had a magic lamp and go t 3 wishes, what would they be?

YOUR VISION:

