



Your Wellness Vision

The Pieces to the Puzzle

1. SELF IMAGE: Who do you want to be when it comes to your health, fitness or wellness? What does that look like in different areas of your life? What is your idea of good health?
2. BEHAVIORS: What behaviors do you want to consistently sustain?
3. OUTCOMES: What do you want to happen as a result of your better health? What will be the positive result for improving your health in your targeted area?
4. MOTIVATORS: Why does this matter to me? What is the deep internal motivator that makes it worthwhile to sustain consistent, healthy behavior?
5. GAP: How big of a gap is there between where you are right now and where you want to be?
6. OBSTACLES: What are the potential obstacles to sustaining healthy behavior?
7. STRENGTHS & STRATEGIES: What are your strengths and potential strategies to handle these obstacles?

