



WHAT IS A *Wellness* VISION?

Wellness VISION



Go confidently in the direction of your dream! **Live the life you've imagined.** As you **simplify your life**, the laws of the universe will be simpler.

Henry David Thoreau

Simply, it is defining what you want your healthy life to look like. It's like choosing a destination for a luxury vacation - once you decide where you are going, you can map out the route. Similarly, having a wellness vision allows you create challenging yet manageable action steps to move towards the life you want. The beautiful thing about a wellness vision is that is positive and gives you all the power. It is *your* vacation, *your* destiny.

Compare this to the diet industry's approach which teaches us to bully ourselves into feeling motivated. It tells us to display unflattering photos to shame ourselves into behaving. It calls us fat and lazy and predict illness and early death (wow, isn't that dramatic?). You are intrinsically valuable and deserve infinitely more. Realize that your thoughts and focus become your reality. Reject negativity which sabotages success.

Step back and take a deep breath. Where you are right now is where you are right now. Where you will be a moment, a year or a decade from now is up to you. *Your* future, *your* choice. What do you want your health and life to be? As for me, I choose energy, strength, self-discipline and confidence. I choose to be a good role model for my family and friends. I choose health whether or not anyone follows behind or beside me. I move my body daily and eat life-giving foods. How much more positive, refreshing and motivating is that?

It's your turn. Go to a park or a quiet spot. Allow yourself time to write every dream of health and balance that comes to mind until there are no words left. Spelling doesn't matter, resources do not matter. This is a dream without limitations. Define what you will have.



HERE ARE SOME QUESTIONS TO HELP YOU FOCUS:

- 🍃 What is my vision of thriving?
- 🍃 What would my perfect day (workday and/or weekend) entail?
- 🍃 What are the top 5-10 things that excite me and make me thrive?
- 🍃 What are the top 5-10 things that motivate me and make me thrive?
- 🍃 Where would I like to be 3 months from now?

FOR FURTHER REFLECTION

- 🍃 What motivates me?
- 🍃 What obstacles will I need to overcome?
- 🍃 What are my greatest strengths?
- 🍃 What resources and support do I have?
- 🍃 How will I celebrate my successes?
- 🍃 What structure or accountability do I need and from whom?

After you write this, revisit it, meditate upon it, get excited about it, talk to your friends and family about it. We'll discuss further at your next appointment.





A series of horizontal green lines intended for writing or drawing.

