

Personal Wellness Vision Checklist

Have you explored these and other questions?

- What does my ideal health and fitness look like in 1, 3 and 5 years?
- What makes me happy and energized?
- Who and what parts of my life are most important to me? How is my health linked to them?
- What are my highest values? How is my health linked to them?
- What do I want more of in my life? How is my health linked to that?
- What will my life be like once I have my prediabetes reversed or well controlled?
- What activities do I engage in once I reach my ideal level of wellness?
- What new habits have I adopted?
- What are five or more benefits I recognize from improving my lifestyle?
- How will I feel when I reach my ideal vision of wellness?

Is your **why** clear?

Does your vision motivate you?

Does it describe who you aspire to be?

- Does it include actions?
- Does it include feelings?

Is it vivid and clear?

Did you write it in the present tense?

Is it positive?

Leave it for a bit and give it another review.

