

Create Your Wellness Vision

Supports: Building Block 1 — Program & Personal Goals

Why It Matters

Before you settle on any single goal, it helps to step back and picture the bigger why behind it. A wellness vision is your own description of the life and the person you are working toward, in your words and on your terms. When your everyday habits connect to something you truly care about, they become far easier to stick with, because they stop feeling like chores and start feeling like a way of being yourself. This is your chance to imagine the best version of your days, so the choices ahead have real meaning.

What to Know

Start with your why

A wellness vision is less about a number or a finish line and more about the feeling you want in your life. Think about what energy, ease, or freedom you are hoping for, and what you want to be able to do and enjoy. When healthy habits are tied to your deeper reasons, they carry you through the days when motivation dips.

Describe yourself at your best

One easy way in is to gather a handful of words that describe you when you feel most like yourself. These might be values you hold, strengths you are proud of, or qualities you want to grow into. Let a few of them stand out, then notice why they speak to you.

- Values you care about, such as balance, connection, growth, or peace.
- Strengths you already have, such as curiosity, kindness, perseverance, or humor.
- Qualities you want more of, such as feeling energetic, calm, confident, or resilient.

Put it into words

Once a few words feel right, try building them into short phrases using "I am" and "I do" language, so your vision reads as something alive and present. There is no wrong way to do this. Some people write a paragraph, some make a short list, and some even sketch a picture of themselves at their best. What matters is that it feels like you.

Make it yours. Your vision does not have to sound impressive to anyone else. The version that quietly motivates you on an ordinary Tuesday is the one worth keeping.

Try This

Give yourself a quiet few minutes to imagine the best you can picture for your own health and well-being. Let it be hopeful and personal, without worrying yet about how you will get there.

- ? When you picture yourself feeling your best, what are you able to do and enjoy?
- ? Which few words or values capture the person you most want to be?
- ? Why do those things matter to you right now, in this season of your life?