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|  | Designing Your Wellness Vision:  | A wellness vision is a compelling statement of who you are & the healthy behaviors and habits you want to do consistently |
| First Picture | Paint a picture for yourself of how you want to feel when you’re thriving …What kind of person do you want to be when it comes to well-being? | I want to feel: |
| Key elements | What are the most important elements in your vision? |  |
| Motivators | **What makes this vision really important to you?** * **Why do you really want to reach this vision?**
* **What good will come from you doing this?**
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| Gap | **How large is the gap from where you are today and your wellness vision on a scale of 0-10?** |  |
| Challenges | **What significant challenges do you anticipate getting in the way to reaching your vision?*** **What concerns you most?**
* **Where are you nervous about getting stuck?**
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| Strengths | **What strengths can you draw on to help you realize your vision and meet your challenges?** |  |
| Supports | **What people, resources, systems and environments can you draw on to help you realize your vision and meet your challenges?** |  |
| Strategies | **What strategies may be effective to help you realize your vision and meet your challenges?** |  |