Inspiration for Health & Wellness

What are your main reasons for improving your health? Use this form to list them. You might ask, “Why should I make a list?” If you have concrete reasons in your own words why you want to improve your health, you will be more likely to have a personal connection to your goal. For example, if you just have an idea that you need to exercise because doctors say it is good for you, it will be much harder to shape exercise into a habit than if you know you need to exercise because you wish to have the ability to do more physically active activities with your significant other.

Do you want to loose weight? Have more energy? Improve your body image? Decrease stress levels? Reduce you risk of cardiovascular and metabolic diseases?

There are countless reason why you should improve your health and wellness. The key is finding what is important to you! Only after you know what is important to you will you know what inspires you and how to motivate yourself to make changes to becoming the NEW you.

Top FIVE reason for improving health and wellness.

1. _____________________________________________________________
2. _____________________________________________________________
3. _____________________________________________________________
4. _____________________________________________________________
5. _____________________________________________________________

Now circle the reason that is most important to you!