

Wellness Vision and Plan for 2020 Worksheet

Name _____ Today's date _____ Revised dates: _____

A wellness vision is a compelling statement of who you are, and what healthy behaviors you want to be doing consistently. Wellness is a presence of well-being and the culmination of life and healthy habits, it's not the absence of disease or illness. Wellness is the quality or state of being in good health or one's best possible health, especially as an actively sought-after goal. Wellness is the condition of good physical and mental health, specifically when maintained by proper diet, exercise and life habits.

A wellness vision is best written in the present tense, as if they are already happening. Review the following sample wellness plan:

My Wellness Vision is to be vigorous and youthful by being a role model for my family. I will bring my best energy at least 50% of the time. I will be as physically active as long as I can. I will make weight management and stress management part of my every day.

- **My main motivators** are to set a great example for my children and to feel physically strong and energetic so I can handle life's demands.
- **My main obstacles** are the long hours and heavy demands of work life.
- **My strategies to overcome my obstacles** are to schedule my exercise routines and relaxation activities on Sundays for the following week, and to shorten those activities rather than miss them when I hit my crunch times.

Three-month goals (doing consistently three months from now).

1. Do aerobic exercise at an intense level three times per week for 20 minutes.
2. Do strength training two times per week for 15 minutes.
3. Make nutritious choices at restaurants 4/5 times per week when I'm dining out at lunch and dinner, in order to lose 5 – 10 lbs.
4. Do a relaxation or fun activity with my spouse or children two times per week for at least 30 minutes.

First-week goals

1. I will do two aerobic routines on my treadmill for 20 minutes at a moderate intensity on Monday and Thursday morning at 6am.
2. I will do strength-training routine for 15 minutes on Saturday morning at 9am.
3. I will work in the garden with my wife on Sunday
4. I will select a salad with low-fat protein for lunch (no bread or French fries) 3/5 work days.
5. I will keep a good and exercise log for three days to track my food intake and help identify other areas of improvement.

Spend a few minutes to think about the following questions.

Describe a wellness vision	A vision is a compelling statement of who you are and what healthy behaviors you want to do consistently	
First picture	Write down what your vision looks like. What would you look and feel like at your ideal level of wellness? What kind of person do you want to be when it comes to health, wellness or fitness?	
Core Values	Without being modest, what do you value most about your life? What values does your wellness vision support?	
Motivators	What makes this vision important to you? Why do you really want to reach this vision? What good will come from doing this?	
Challenges or obstacles	What significant events do you anticipate having to deal with on your way to reaching your vision? Think back in your past to what took you off track from reaching this vision in the past. What concerns you?	
Strengths	What strengths can you draw on to help you realize your vision and meet your challenges? How can the lessons from your success in live carry you to your present living?	
Supports	What people, resources, systems and environments can you draw on to help you realize your vision.	
Strategies	What strategies may be effective to help you realize your vision and meet your challenges?	

My wellness vision is to _____

I want to be _____

I am _____

When obstacles come my way I plan to _____

My three-month goals include: _____

My one-week goals include: _____

These are items on my bucket list: _____
