

HOW DO I SEE MYSELF AT MY VERY BEST?

A **wellness vision** is a compelling description of your best self. Creating and using a wellness vision helps you focus on your priorities and move your values into actions. This is an opportunity to consider what motivates you to be at your best.

Write your wellness vision in the present tense, as if it is already true for you, and use positive, inspiring words. Include how you feel and what you are doing (healthy habits), if possible. There is no right or wrong way to create your wellness vision. Have fun with it!

MY WELLNESS VISION

MAKING IT S-M-A-R-T

Smart goals are **S**pecific, **M**easurable, **A**chievable, **R**ealistic, and **T**ime-bound.

Creating smart goals will help you design the roadmap to get you closer to your wellness vision!

When creating your smart goal, ask yourself: What is my goal? How will I do it? How will I measure it? I will achieve it by...

6 MONTH GOALS

3 MONTH GOALS
