



# Visioning



Visioning helps you align your daily actions with your long-term goals, giving your health journey purpose and direction.

This activity helps you dream big and envision your ideal health and life. By imagining your healthiest self, you create a clear picture of what you're working toward, which can inspire and motivate you.

## JOURNAL QUESTIONS

- What does your healthiest, most vibrant self look like?
- How do you want your health to serve you in your daily life?
- What part of your life feels most important to you right now?
- What possibilities or dreams generate excitement for your future?
- What's one small step you can take toward your vision, and when can you take it?



# Purpose



Purpose connects your actions to your values, making your health journey more meaningful and sustainable

Here, you'll explore the "why" behind your vision. Understanding your purpose fuels motivation and helps you stay committed to your goals.

## JOURNAL QUESTIONS

- Why is your vision of health important to you?
- What values do you want to guide your health journey?
- What inspires or motivates you to take action toward your goals?
- How might small changes today lead to long-term benefits?
- What's one small step you can take today to align with your purpose, and when can you do it?



# Strengths



Strengths are your superpowers—they help you overcome challenges and achieve your goals.

This section focuses on your unique strengths and past successes. Recognizing what you're already great at builds confidence and helps you leverage these qualities in your health journey.

## JOURNAL QUESTIONS

- What personal strengths have helped you succeed in the past?
- Describe a time when you felt proud of yourself—what strengths did you use?
- What qualities do others often praise or admire in you?
- How can you use your strengths to overcome current challenges?
- What's one small step you can take to build on your strengths, and when can you take it?



# Energy



Energy is the fuel for your health journey—knowing what gives you energy helps you prioritize activities and relationships that uplift you.

This section helps you identify what energizes and excites you. Understanding your sources of energy can help you design a life that feels vibrant and fulfilling

## JOURNAL QUESTIONS

- What activities or experiences leave you feeling energized and alive?
- Who or what inspires you and fills you with positivity?
- Describe a time when you felt deeply fulfilled—what gave you that energy?
- What habits or routines drain your energy, and how can you minimize them?
- What's one small step you can take to incorporate more energy-boosting activities into your life, and when can you do it?



# Challenges



Challenges are a natural part of growth—understanding them helps you build resilience and problem-solving skills.

This section encourages you to reflect on the obstacles you face and how you've overcome them in the past. Acknowledging challenges helps you develop strategies to navigate them.

## JOURNAL QUESTIONS

- What current challenges or obstacles are affecting your health?
- What habits, situations, or thoughts tend to drain or stress you?
- Describe a time when you overcame a challenge—what helped you succeed?
- What lessons have you learned from past challenges?
- What's one small step you can take to address a current challenge, and when can you take it?



# Support



Support is essential for sustained growth—it provides encouragement, accountability, and perspective.

Here, you'll explore the people, structures, and resources that support you. Recognizing your support system helps you feel less alone and more empowered

## JOURNAL QUESTIONS

- Who are the people in your life that you turn to for support?
- How does their support help you feel empowered or encouraged?
- What structures, routines, or tools currently support your well-being?
- What kind of support do you feel is missing in your life right now?
- What's one small step you can take to seek or create more support, and when can you do it?



# Patterns

Patterns provide insight into what's working and what's not, helping you make intentional changes.

This section helps you identify recurring patterns in your health and life. Observing patterns can reveal habits, triggers, and opportunities for growth.

## JOURNAL QUESTIONS

- What recurring patterns do you notice in your health or daily habits?
- How do these patterns impact your energy, mood, or well-being?
- What triggers or situations tend to lead to these patterns?
- Are there any patterns you'd like to change or strengthen?
- What's one small step you can take to address a pattern, and when will you be able to take it?



# Questions, Comments, Concerns

Acknowledging your concerns reduces their power over you and opens the door to solutions.

This section is your space to express uncertainties, curiosities, and worries. Writing them down can help you process and address them.

## JOURNAL QUESTIONS

- What questions do you have about your health or well-being?
- What concerns or worries are on your mind right now?
- What do you feel curious or uncertain about in your health journey?
- What would help you feel more confident or at ease?
- What's one small step you can take to explore or address these questions, and when will you do it?