

# How To Create Your Personal Health & Wellness Vision



## DISCOVER

Clarify your personal values, motivators & strengths as it relates to your health & wellness.

### Resources

- VIA Character strengths.  
[Viacharacter.org](https://www.viacharacter.org)
- Personal Values Assessment  
[personalvalu.es](https://personalvalu.es)



## FOCUS

Explore areas of wellness that you would like to focus on.

### Resources

- Use Kailey's 4 Powerful Questions to get started
- Tell 3 stories about a time when you felt your best/ most successful



## DREAM

Put yourself in your ideal future. Speak about this future in the present tense.

### Suggestions

- Do a brainstorming activity
- Visioning meditations
- Make a collage
- Write in your journal
- Talk it out with a friend



## CREATE

Create an artifact of your vision. Make it visible so that you will see it often.

### Suggestions

- Make it your digital background
- Hang it on your refrigerator
- Make it an appointment reminder in your calendar

## Kailey's 4 Powerful Questions

Your Name:

01

What would you like more of in your life?

02

What part of your life is most important to you and why?

03

What possibilities generate excitement for you?

04

What would your life be like if you were to achieve these things?