



### Increasing Motivation:

If you rated below a 5, what would need to be present to increase your motivation?

*Write your thoughts here:*

### Maintaining Motivation:

If you rated between 5 to 10, reflect on why you rated higher.

*Write your thoughts here:*

## 3. Checking Action Items

### List of Actions Taken:

What action steps have you taken towards your wellness vision?

*Write them here:*

### Frequency and Consistency:

Were these actions frequent and consistent enough to see results?

*Describe your observations:*

## 4. SMART Goals

### Refine Your Goals using SMART:

**S**pecific

**M**easurable

**A**daptable

**R**ealistic

**T**imely

*Write your revised action plan using the SMART criteria:*

## 5. Plan B: Handling Obstacles

### Identify Potential Obstacles:

List potential obstacles that could disrupt your action plan:

- How will you address these obstacles?

*Write your Plan B here:*

## 6. Final Refinement:

### Revisiting Your Wellness Vision:

Review your wellness vision statement. Make necessary revisions to ensure it is 100% true, manageable, doable, and motivating.

*Write your final wellness vision statement here:*

### Setting a Timeline:

Determine a realistic timeline for achieving aspects of your wellness vision.

- How long will it take to see the benefits?

*Write your timeline here:*

## 7. Closing Affirmations:

### Consistency Matters:

Remember that consistent small efforts matter.

- Reflect on how these steps cater to your unique life.
- Create a daily affirmation that relates to your wellness vision statement

*Write your closing thoughts and affirmations:*

