# American Lung Association Patient & Caregiver Network

# Wellness Vision Refinement Worksheet

# 1. Initial Check-In

#### **Review Initial Draft:**

Read your wellness vision statement and note your initial thoughts:

- Does it still feel inspiring?
- Has it motivated you over the past few weeks?

#### Write your reflections here:

#### **Perfection vs. Realistic:**

Reflect on whether your wellness vision aims for perfection or is realistic with sustainable steps.

• How can you adjust it to be more realistic?

Write your revisions here:

## 2. Motivation Check

#### **Rate Motivation:**

On a scale of 1 to 10, rate your motivation to take action on your wellness vision statement.

 $\bigcirc 6$ 

Somewhat motivated

 $\bigcirc 7$ 

8

 $\bigcirc 5$ 

 $\bigcirc 4$ 



Not motivated at all

tivated at all

Write any specific thoughts here:

 $\bigcirc 9$ 

 $\bigcirc$  10

Very motivated

#### **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

Measurable

Adaptable

Realistic

Timely

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: