

Wellness Vision Statement Worksheet

Follow the steps provided to craft your unique wellness vision statement. Start by wiping the slate clean of any preconceived notions of wellness, then visualize your ideal day. Record the important elements, identify key words, and create pairings. Finish by drafting a personalized wellness vision statement in the affirmative, beginning with “I am” or “I.” Use the sections below to document each part of the process.

Step 1: Understanding Your Worthiness for Well-Being

Reflection: Write a short paragraph acknowledging that you are deserving and worthy of well-being right now and in your future.

Step 2: Visualization Exercise

- Imagine stepping into a time machine and traveling to a perfect day in your future (e.g. 6 months to a year from now).
- Observe the details of this day from morning to night.

Journal Prompt: Write about the highlights of this perfect day focusing on what you saw, felt, heard, and experienced.

Step 3: Identifying Important Elements

- Reflect on the visualization.
- List any elements that stood out as important or non-negotiable for your well-being.

List Items: Examples include specific foods, interactions, activities, places, or feelings.

Step 4: Circle Inspiring Words

- Review your list of important elements.
- Circle words or phrases that feel inspiring or motivating.

Journal Prompt: Why are these words or phrases significant to you? Write a few sentences explaining their importance.

Step 5: Create Word Pairings

- Write the circled words in a single column.
- Look for natural pairings or couplings of words.

Example: "Wake up" + "energized" could become "I wake up energized."

Step 6: First Draft of Wellness Vision Statement

- Use the word pairings to start crafting your first draft.
- Write in the affirmative starting with "I am" or "I."

Example Statements:

- "I wake up energized and excited for the day ahead."
- "I nourish myself with a balanced breakfast and feel focused for the workday."

Write Your First Draft: Use the space below to write your first draft wellness vision statement.

Step 7: Posting and Reflecting on Your Statement

- Write your first draft on a post-it note.
- Place it somewhere you will see it daily like your bathroom mirror.

Journal Prompt: Reflect on how this statement makes you feel. Is it motivating? Does it align with your vision for your well-being?

Step 8: Taking Action

Identify simple and consistent actions you can take to start moving toward your wellness vision.

Example Actions:

- Go to bed at a regular time each night.
- Incorporate a healthy breakfast into your morning routine.
- Schedule regular time for movement or exercise.

Action Plan: Write down 1-3 simple actions you will take to support your wellness vision.

Step 9: Review and Refine

Follow-up:

- Consistently review your wellness vision statement. Does it still resonate with you?
- Make adjustments as needed to reflect your evolving goals and understanding of well-being.

Journal Prompt: After a week or two, review your statement and reflect on any changes you made. Why did you make them? How do they better support your vision?