



Where are you at TODAY?

Identify and articulate what you truly love in life:

Consider starting with I love to do...I love to be...I love to feel...

What is your mission or purpose in life?

What is my life about? What do I want my legacy to be? What do I find important?

What kind of lifestyle are you striving for? What are your aspirations and dreams for yourself?

Identify why you want to be healthy or healthier?

I want to be healthy because...

What do you do to take care of yourself now?

Identify what optimal health and wellness looks like. What kinds of things would you be able to do? I want to take good care of myself because...

