



Wellness Vision Creation Tool for List Makers

Directions:

1. Start by filling out the column labeled "Values & Desires." Ask yourself, what do I desire as a positive future outcome? What is most important to me?
2. Next, complete the column labeled "Action." Ask yourself, what needs to happen for me to realize my desires and live my values?
3. Complete your wellness vision statement using the formula "I am (action) so that (realizing my desires and living my values)"

Actions (I AM)	Values & Desires (SO THAT)
<i>Sample: Eating mindfully</i>	<i>Sample: I can enjoy food while losing weight</i>
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
<p style="text-align: center;">My Wellness Vision Statement</p> <p style="text-align: center;">I am (action) so that (realizing my desires and living my values).</p> <p style="text-align: center;"><i>Sample: I am eating mindfully so that I can enjoy food while losing weight.</i></p>	