

VISION TOOL

This tool can be used to help you connect with your future vision for your health & wellness, identifying your goals and action plan for the achievement of such.

What would I like my wellness to look like in 3-6 months?

What would “optimal health” look and feel like in 12 months time?

What would “optimal wellness” look like in 2 years?

Brainstorm any ideas I have to help me reach my goals.