

Week # 11: ENVISION

STEP# 1: YOUR IDEAL DAY EXERCISE

Dreaming gets you inspired and puts you in the creative, positive mindset. In order to change your life, you must know what kind of life you are trying to create! You must also feel hope and feel like change is possible. So, grab a pen and your journal. Find a quiet spot, and give yourself at least 30 minutes. Imagine your most ideal day one year from now. Write out your day IN DETAIL, from the moment you wake up to the moment you close your eyes that night. **What are you doing? Who are you with? What habits are part of your daily routine? What are you wearing, seeing, smelling?** Get descriptive and let the emotions flood in. Really FEEL that day. Imagine it in the minds eye.

How does your ideal day make you feel?

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)

These feelings are aligned with your core values. They are the **state of being** in which you feel your very best. These words that you listed above represent what "being well" feels like to you. If you want to enhance your performance and happiness in any area of your life, you need to evoke these feelings and values in all that you do.

STEP # 2: DEFINE THE WOMAN THAT YOU WANT TO BE

I WANT TO BE _____.

I WANT TO BE _____.

I WANT TO BE _____.

I WANT TO BE _____.

I WANT TO BE _____.

STEP # 3: CREATE YOUR WELLNESS VISION

Using the details from your "ideal day" exercise, your core feelings/values, and your wants, create your wellness vision. Use the language of feelings from your "ideal day" exercise to create your statement. The wellness vision statement allows you to put your values into action. It is your mission statement claiming who you are and what health-promoting, life-giving behaviors you want to do consistently. What are you wishing for? What do you want to move towards? Pick 2 or 3 of the most important, and put them into a statement.

Example: I am a woman who is **balanced** with alone time, family time, and my career. I am committed to daily physical exercise that makes me feel **fit**, adventurous, **free**, and **present**. I am **enough** and I will continue to explore that by engaging in daily prayer and meditative mindset activities.

WELLNESS VISION STATEMENT:

I am _____

_____.

*BONUS FUN: Create your vision board! Check out my guide: ***How to Create a Vision Board that Inspires You*** to get started.

WEEK # 11:CHECKLIST



	M	T	W	TH	F	S	SU
Journal	_____	_____	_____	_____	_____	_____	_____
NEAT	_____	_____	_____	_____	_____	_____	_____
Self-Compassion	_____	_____	_____	_____	_____	_____	_____
Functional Move	_____	_____	_____	_____	_____	_____	_____
Mindset	_____	_____	_____	_____	_____	_____	_____
Exercise	_____	_____	_____	_____	_____	_____	_____
De-Stress	_____	_____	_____	_____	_____	_____	_____
Nutrition	_____	_____	_____	_____	_____	_____	_____
Positivity	_____	_____	_____	_____	_____	_____	_____
Mother Nature	_____	_____	_____	_____	_____	_____	_____
Envision	_____	_____	_____	_____	_____	_____	_____