



Project Five

Clarity About the Vision

In month one we chatted all about your personal and unique “Vision of Wellness.” Today, we’re getting super clear on that vision and determining exactly who you need to be and how you are going to embrace, embody and start living that vision today! Grab that journal or print this worksheet and have a ponder over the following questions.

This is deep stuff and it needs to be done at a subconscious, energetic level. It’s the the kind of reflection and self awareness that transforms the way we think about our approach to achieving the plans and visions we set for our lives. I’m super excited for you to dive into this one!

Who do I need to be and what do I need to believe to embrace my version of wellness?

What limiting beliefs do I need to let go of to achieve my wellness plans? Are these beliefs true?

How will my life look in two years if I don't make this shift?

How will my life change when I make this shift around my wellness and put a major value on this aspect of my life?

How will the life of the people closest to me change when I make this shift?

What do I need to STOP doing to make this shift happen?

What do I need to START doing to make this shift happen?

Are there strengths I already have that will help me stick to the things I'm going to start doing?

Who will be my biggest fans, hold me accountable and be there when I need a shoulder to lean on?

Write a 90 day commitment letter to yourself outlining the things you're going to implement and how you're going to hold yourself accountable to sticking to the plan you've created to achieve YOUR definition of wellness.

“Commitment is the connection that aligns us with our plans.”