

## Vision (Dream) - Planning Tool

**Beginning with the end in Mind :** Forward thinking. Ask, “Can we spend a few minutes looking forward?”

**A Picture:** What does your vision look like? What would you look and feel like at this ideal level of wellness? Be as detailed as you can, written in the present tense as if you were already there.

**Key Elements:** Highlight the most important parts of your vision. Keep these prominent to stay on track through the process of goal setting and the change process.

**Motivators:** What makes this vision really importing to you? How does it strengthen your personal core values? What good will come from doing this?

**Gap:** How big is the gap between where you are today and your wellness vision? How do you feel about it?

**Confidence :** How confident are you that you can close that gap and realize your vision? (0-10) (not –very) Positive: (if a 7, “why didn’t you say a 5 or 6?”) This gives them an opportunity to give a positive reason why they have confidence. If 6 or less, what would it take to elevate it?

**Challenges:** What significant obstacles do you anticipate as you begin this journey toward your vision? Describe them. Which ones concern you the most?

**Strengths:** What strengths can you draw on to help you overcome and reach your vision?

**Support:** What people, resources, systems and environments can you draw on to help you meet your vision and challenges?

**Strategies:** What strategies do you see as being effective in meeting these challenges? Brainstorm and clarify several possibilities before narrowing your focus.

### The vision will answer:

- Who do I want to be when it comes to health, fitness and wellness.
- What do I want to do consistently, exercising, eating, relaxing.
- What do I want to happen? (stronger, lighter, less stress)
- What’s important to me? What will happen if I don’t change?

### Example:

*I am walking for exercise consistently. Eating a good, healthy breakfast and lunch every day and a light supper. If I go out to eat I find the best options available. I take time each evening to relax with the Bible or devotional book before retiring.*

### Respond to these vision plans:

*So, I’m hearing that your vision includes ... (Summarize values, motivators, strengths, supports and strategies). Is that correct?*

*It sounds like you have come up with a vision that will work for you. How ready, confident and committed are you to take the first step toward reaching your vision?*