

Worksheet for Action Planning Dimensions of Your Life
Health and Well Being

My Health and Well Being Vision Statement (example)
My health and well being enable me to excel in all my endeavors
because I enjoy the habits and rituals that bring me consistently
positive results.



An Image that Triggers my
energy—select from your vision
board or some other source

My Theme Song:
This song brings me energy, joy,
and kindles positive feelings about
my health and well being.
Example: Stronger (Kelly
Clarkson) and Healthy Living
(Alyssa)

From the previous work you have gathered, describe the stand-out insights that you want to consider in creating your desired healthy lifestyle.

What are the first, essential actions necessary to achieve your envisioned healthy life.

Identify what, if any, support you will need to implement your health and well-being lifestyle.

List the on-going steps required to fulfill and sustain your healthy life vision.

What other life areas support or influence success of your desired healthy life?

What needs to happen in those areas to create a positive synergy?