

Awareness Exercise: What is YOUR health mindset?

What do you believe is possible or probable regarding your health?

Some areas you may have thoughts about:

- Do you think you are a victim of your genes or do you believe “Genes load the gun, lifestyle pulls the trigger?”
- Age
- Weight
- Mental well-being (depression/anxiety)
- Available time
- \$\$ or other resources
- Current health status
- Habits

What is YOUR story that you hear in your head about your current and future health and wellbeing.

What aspects of this story can you challenge? Change?

What circumstances would give your story the ending you want. Allow yourself to believe that these circumstances can be or can become available to you.

Visualize your story, imagine living it, hang out in the story for a while.

- What are you doing?
- Who are you with?
- How do you feel?
- What are you looking forward to?
- How are you appreciated by others?
- How do you contribute?
- How do you feel about that?

Enjoy it! Enjoy FEELING GOOD in your story. Recognize the parts of your vision you already enjoy.

Just a little reminder: your vision should call to you; not make you feel bad or guilty. It shouldn't be a “to do list”. Also, write is as if it has already happened. (I do _____ versus saying I want to ____)

Write it down (or type it if you prefer). In coaching we call this “Crafting Your Vision”

Note especially things that really resonate with you, that give you an energy boost, or that make you feel really happy or content. Make copies. Put them in places where you can easily get access to on a regular basis.

Review your vision often. At night before bed is a great way to remind yourself of your vision each day and to let your subconscious “work” on it while you sleep! This may help that RAS (reticular activating system, the matchmaker in your brain) see your story as the preferred, default, familiar pathway to match up with your experiences!

Your vision connects you to your deep desires, serves as an anchor and a reminder for WHY you want to make the efforts required to attain the best state of wellbeing. Enjoy playing with this exercise!

Date _____

My Vision