



Creating a Wellness Vision

Are you excited about your exercise routine? Are you satisfied with the state of your health? Do you have dreams for your health, family or job that you want to pursue? If your schedule and life have caused you to put ambitions on hold, now is the time to take action.

Many people set goals, but often people don't tie their goals to a personal vision. Following a reflective process for creating a wellness vision for the next year and then planning goals that support this vision will measurably increase your likelihood of achieving specific dreams. Kate Larsen, PCC, executive wellness coach and author of the book *Progress Not Perfection: Your Journey Matters*, explains how.

Why Have a Vision

Why create a big-picture vision? Goals rarely fail because of a lack of commitment or enthusiasm. They die for lack of a compelling vision with a plan designed to achieve it. With a vision, you imagine an outcome that you then make come to life through the goals you set. A goal that is not tied to some kind of vision will often just "float out there" with a vague sense of importance.

Setting a Vision

Here are some examples of visions:

- A year from now, I will be more fit and more well-rounded in my exercise program.

- A year from now, I will have spent quality time being active with my family.
- A year from now, I will be a person who makes good health a priority.

Note that you may have the same vision year after year, but the *goals* you set to achieve the vision may vary, depending on your age, season of life, family commitments, job, health, fitness level and other priorities.

Before creating a vision and goals, brainstorm what you really need and want. Be self-reflective, strategic, open to brainstorming and solicitous of support and input from others. Take your time. Consider several visions, set them aside and then come back later to reflect on what feels most meaningful.

Creating Effective Goals

Follow these steps to create a goal that works with your vision. Repeat the steps for each of your goals.

1. Define your goal. Use all your senses to describe what it will look like completed or accomplished.
2. Connect the goal to specific, personally meaningful motives that are primarily intrinsic in nature. Decide what would be personally meaningful to you about accomplishing the goal this year. Your motives will fuel your energy for action.
3. Identify your obstacles to success. You will likely have goals in many areas of your life. Stop. Consider each of them and cross-reference how they are going to impact each other. Do you realistically have time to achieve them all? Which are the most meaningful? When would you get them done, given your job, family and other commitments?
4. Boldly claim and own your strengths and the resources you have at your disposal to minimize or eliminate



generating a personal vision

To define your vision for the next year, complete the following statement:

A year from now, I would love to say the following is true of my fitness level, health, relationships, family connections or job.

5. your obstacles and resistance.
5. Enlist the support from others—ask for specific help.
6. Expect to take risks and make mistakes. Both courage and humility are essential to success.
7. Artfully balance between structure and flexibility as circumstances change and you become clearer, more focused or better informed.
8. Regularly re-evaluate the goal. Continue what is working. Throw out or adjust whatever is not working or is ineffective.
9. Build in ways to celebrate small successes and accomplishments. Most of life is lived on the journey, not at the destination.
10. Renew your goal as you grow and change through each of the seasons of your life. ■

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