



Soulistic Well-Being Vision Statement

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Creating a vision of who you want to be, will help identify areas of opportunity and behavioral change so that you can achieve a Soulistic lifestyle. Together we'll focus on thoughts and behaviors, setting SMART goals for change and over time with a plan and internal motivation you will realize the vision created. As your Health Coach this Vision Statement will allow me to get to know you a bit more. Visualize your future self like you're on an IMAX screen, create the scenes and visualize yourself in the lifestyle. What do you have to do to accomplish living this lifestyle? Visualize who you want to be in detail if you can.

Within this vision of your best self, take the time to think about each dimension of your Well-Being. This will help you start your journey in Health Coaching. It's a great exercise/tool to revisit once a year, or as life's circumstances change. We will co-create the plan to living your best life. As we change, priorities change, and we face challenges; we must adjust our vision to accommodate the changes. Please remember, this is a journey, not a destination.

Name: _____ **Date:** _____

What qualities would you like to see in your best life? (think of each dimension of your well-being as listed below) Examples: Improved relationships, healthy eating, an active lifestyle, more energy, able to cope with life's stressors; lower my blood pressure etc.

My internal motivators are: (these feed your motivation for change)

These internal thoughts are motivating me to change now because?

My external supports are:

The strengths I can draw on to help realize my vision are:

My challenges are: (I don't use the word "barriers"; this can create a negative thought pattern)

The strategies or values I have that will help me reach my Soulistic Well-Being vision are:

The outcomes I hope to achieve by creating healthy habits are:

My lifestyle will look like:

The most important area of my well-being, or where I'd like to start my journey is? (if you cannot list one, list them and we can prioritize them together when we meet)

For each dimension of well-being, write a vision statement:

(Rate each 0-10 based on your readiness to make a change in the next 6 months. Draw an arrow through to your number or circle it, Example: ~~0 1 2 3 4 5 6 7 8 9 10~~) You are a 9 in this example.

- **Emotional Wellness:** Awareness and acceptance of feelings **0 1 2 3 4 5 6 7 8 9 10**
- **Spiritual Wellness:** A search for meaning & purpose, putting God first in your life **0 1 2 3 4 5 6 7 8 9 10**
- **Intellectual Wellness:** Recognition of your creativity, knowledge and skills **0 1 2 3 4 5 6 7 8 9 10**
- **Physical Wellness:** Need for physical activity and balanced nutrition **0 1 2 3 4 5 6 7 8 9 10**
- **Environmental Wellness:** Positive awareness and impact on your environment **0 1 2 3 4 5 6 7 8 9 10**
- **Financial Wellness:** Debt reduction, cash flow balance or financial future planning **0 1 2 3 4 5 6 7 8 9 10**
- **Professional Wellness:** Personal achievement and enrichment from your career **0 1 2 3 4 5 6 7 8 9 10**
- **Social Wellness:** Contribution to your community, connection with others **0 1 2 3 4 5 6 7 8 9 10**
- **Mental Wellness:** Freedom from anxiety/other issues that weigh down the mind **0 1 2 3 4 5 6 7 8 9 10**

My motivational Soulistic Wellness Vision is: This can be several paragraphs, brain dump everything in detail you can “see” about your best self.

My Soulistic Well-Being Vision Statement is: I will help you reduce this to a few sentences when we meet.

Week One, initial session goal(s):_(We will co-create SMART goals when we meet)

Three Month Outcome(s) I hope to accomplish: (We will co-create this outcome when we meet)