



## My Health & Wellbeing: *Vision-MAP*

This is an exercise in exploration of your hopes for the near future – to assist you in discovering and articulating your *Vision-MAP* (Mission, Aspirations, Purpose) for your health and wellbeing. Allow yourself time to ponder and jot down your thoughts to these questions. Remember, writing these down do not hold you to anything, but help you see the possible futures you may wish to move towards during the coaching process. At times you may try closing your eyes to see your answers better.

### LOVE IN LIFE

This first question gets right to the heart of everything and may be a good way to begin opening your mind to articulate your Vision-MAP.

**Identify what you truly love in life and how you want to be in life.**

Consider beginning with *I love to do... I love to be... I love to feel...*





## MISSION AND PURPOSE

*Mission and Purpose* means living your life in faithfulness to deeply important personal values. Purpose is important, as it gives direction, energy and helps us with coping/resilience during difficult times.

### **What is your Mission or Purpose in life?**

Exploring this question through other questions may help you articulate your personal mission and purpose in life. *What is most important to me? ~ What kind of person do I want to be? ~ What do I take pride in? ~ What do I want the legacy of my life to be? ~ What is my life about?*



## ASPIRATIONS (DREAMS)

**What are your dreams in life? What do you aspire to be/do/achieve?**






## HEALTH


**Identify why you want to be healthy or healthier. How does this connect to your Vision-MAP?**

Let yourself understand why you value your health and want to be healthy. Visualize what being healthy allows for your life.

 Complete the sentence: *I want to be healthy because...*

## SELF-CARE

**Acknowledge what you do now to take care of yourself.** (Give yourself credit for what you do.) Visualize how you take care of yourself. Do you do it mindfully? Are you gentle with yourself? Do you give gratitude for your ability to do these things?

 Begin by thinking: *I take care of myself by...*



## OPTIMIZING HEALTH AND WELLBEING

**Identify reasons why optimizing self-care will enhance your health and ability to do the things you love in life and want to do.** Let yourself understand what motivates you to take good care of yourself. Visualize how taking good care of yourself will impact your health and ability to do the things you love.

 Reflect on this statement: *The reason I want to take good care of myself is so I can... so I feel...*