Wellness4U Commitment

Commitment Means Staying Loyal to What You Said You Were Going to DO Long After The Mood You Said It In Has Left You.

HOW DOES YOUR HEALTH LIMIT YOU?

What is the cost of feeling tired, stressed, sick, or simply not as healthy and vibrant as you'd like to feel?

_____
_____
_____

What activities or goals have you been prevented from doing or achieving?

_____
_____
_____

WHAT IS YOUR VISION?

What could you accomplish if your health was no longer an obstacle?

_____
_____
_____

How would your relationships be different?

_____
_____
_____

How would the quality of your experience day to day change? What would you do differently? How would you feel?

_____
_____
_____

What would be different or better without this problem? Please circle:

Diminished stress
More energy
Self esteem
Confidence
Sleep
Work
Outlook
Family

POTENTIAL BARRIERS

What potential barriers do you foresee that would prevent these things from happening?

_____
_____
_____
_____

Do you feel it is possible to eliminate or prevent these potential barriers?

_____
_____
_____

What are your strengths that will enable you to accomplish your goals?

_____
_____

SET INSPIRED GOALS

Setting inspired goals means more than planning to lose thirty pounds or have more energy. An inspired goal transcends the numbers and reminds us why it's important to do so. What happens when we reach that goal, what changes in your life?

Write down your Inspired Goal.

_____
_____
_____
_____
_____
_____

This is a commitment you are making to yourself. Post it somewhere you'll see it several times a day. The more often you see it, the more often you'll be reminded of your "Why" and your Commitment.