What Is Your Health Vision

True behavior change is identity change. Anyone can convince themselves to visit the gym or eat healthy once or twice, but if you don't shift the belief behind the behavior, then it is hard to stick with long-term changes. Improvements are only temporary until they become part of who you are. Every action you take is a vote for the type of person you wish to become. James Clear

- A wellness vision is your desired end goal, a clear image of what you want to achieve by focusing on your health and wellbeing.
- It is a description of who you want to be and how you want to feel. It is a description of your ideal place to be when your health and wellbeing are optimized.
- Creating a wellness vision will help create intrinsic motivation, the most powerful kind of motivation.
- Example: "I am fit, lean and physically active every day. I sleep well at night and wake up full of energy, which stays high throughout the day. My gut health is optimal, and I can eat without digestive complaints.I regularly spend time outdoors and I spend quality time with my family. I prioritize my health over work and have a balance. I feel happy and grateful."