

Wellness Vision

- **My motivators are:**

- **My strengths are:**

- **The strengths I will draw upon to reach my vision are:**

- **My Challenges are:**

- **The strategies that will help me realize the vision and meet the challenges are:**

3-Month Goals

1. Desired Outcome:

3-Month Behavioral Goal:

2. Desired Outcome:

3-Month Behavioral Goal:

3. Desired Outcome:

3-Month Behavioral Goal:

4. Desired Outcome:

3-Month Behavioral Goal:

Reference and reformatted from:

Moore, M., Tschannen-Moran, B., & Jackson, E. (2016). *Coaching psychology manual* (2nd ed.). Wolters Kluwer, LWW.