

Wellness Vision

(written in the present tense in whole sentences)

- **My motivators are** (e.g. what motivates you, what keeps you going when times get rough, “why” are you [fill in the blank]):

- **The [inner] strengths I will draw upon to reach my vision are** (what are your strengths/assets in general and how can they help you reach your health, wellness, and fitness goals; how can you harness your strengths):

- **My challenges are** (what challenges might you encounter):

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

3-Month Goals

1. Desired Outcome:

3-Month Behavioral Goal (this new behavior/habit will help you reach the desired outcome):

Comments:

Priority:

Complete %:

2. Desired Outcome:

3-Month Behavioral Goal:

Comments:

Priority:

Complete %:

3. Desired Outcome:

3-Month Behavioral Goal:

Comments:

Priority:

Complete %:

4. Desired Outcome:

3-Month Behavioral Goal:

Comments:

Priority:

Complete %:

Reference and reformatted from:

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