




7 Steps To A VISION For Your Health



PLUS 
VISION BOARD IDEAS


WRITE A VISION STATEMENT THAT INSPIRES YOUR HEALTH GOALS

Your health journey deserves more than wishful thinking—it deserves a vision that pulls you forward, even on tough days. A compelling vision statement is more than words; it's a heart-driven guide that keeps you motivated and aligned with your deepest values. Follow these steps to create a vision that empowers your choices and transforms your health journey.


-Glenda Hill

REFLECT ON YOUR CORE VALUES

You can start by identifying what matters most to you. What beliefs guide your decisions? How do they connect with your health goals? These core values are the foundation of a vision that feels authentic and unshakable.

 Powerful Question: What values will guide my health journey?

Example: If family is one of your core values, your vision might focus on building the energy to fully participate in activities with your loved ones, creating lasting memories together.



2 **STEP 2: ENVISION YOUR HEALTHIEST FUTURE**

Close your eyes and imagine the best version of yourself—healthy, vibrant, and thriving. What does this look like for you? How do you feel physically, emotionally, and spiritually? This clear picture of your desired future will anchor your motivation.

💡 Powerful Question: What does my healthiest self look and feel like?

Example: Picture yourself running a business with confidence, playing with your kids or grandkids, or tackling outdoor adventures with ease.

STEP 3: FIND YOUR ‘WHY’

Why do you want to be healthier? Go deeper than surface-level goals. Understanding the real “why” behind your journey is what will keep you going when challenges arise.

💡 Powerful Question: What deeper motivation drives my desire for better health?

Example: Instead of focusing solely on weight loss, think about reducing health risks, living to see your grandchildren grow, or building self-confidence in social situations.

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STEP 4: INFUSE SCRIPTURE OR INSPIRATIONAL QUOTES

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Bring your vision to life with words of wisdom that uplift and encourage you. Whether it's a favorite scripture or a powerful quote, these words will remind you of the strength and purpose behind your journey.

💡 Powerful Question: What words inspire me on my health journey?

Example: "I will cherish the body God has given me, nurturing it as a temple of the Holy Spirit" (1 Corinthians 6:19-20).

STEP 5: WRITE YOUR VISION STATEMENT

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Now, pull it all together. Write a short, personal, and present-tense vision statement that reflects the healthiest version of you and your 'why.' Make it uplifting and action-oriented, as if it's already happening.

💡 Powerful Question: How can I express my vision in a way that motivates me every day?

Example: "I am living a life of health and vitality, empowered by my faith and love for family. I honor my body as a temple, embracing strength and joy in every step of my journey."

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STEP 6: KEEP YOUR VISION STATEMENT VISIBLE

Your vision is only powerful if you see it often. Place it where you'll see it every day—on your bathroom mirror, fridge, or even as your phone background. Consider creating a vision board filled with images that reflect your vision.

💡 Powerful Question: Where can I place my vision statement to keep it top of mind?

STEP 7: REVISE AS YOU GROW

Your vision will evolve as you do. Check-in with it regularly to make sure it still aligns with your goals and values. Update it as needed to keep it fresh and relevant.

💡 Powerful Question: How can I ensure my vision continues to reflect my growth?

CRAFTING YOUR VISION BOARD: IMAGERY & INSPIRATION FOR YOUR HEALTH JOURNEY

Begin by brainstorming the images, words, and symbols that resonate with your vision of health and wellness. Picture yourself thriving in all aspects of your life: physical fitness, mental clarity, emotional balance, and spiritual fulfillment. What does that look like to you? Gather pictures that evoke these feelings—perhaps a serene nature scene, a vibrant plate of nutritious food, or a quote that ignites your inner drive. As you build your vision board, let it be a creative and joyful process, a reflection of your deepest desires and commitments.

On the next page think about all areas of your life and your health journey vision statement. Have Fun!

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Vision Board Ideas



Career



Self-care



Family



Exercise



Hobbies



Spiritual



Community



Education



Nutrition



FINAL THOUGHTS

Your vision statement is more than words; it's a reflection of the life you're working toward. Use it as a beacon when the road feels hard, and let it remind you of why your health goals matter.

More Resources

CONTACT INFO
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You're Not Alone in This Journey!

Your journey to better health doesn't have to feel overwhelming or lonely. If you're ready to take the next step, I'm here to guide you. Let's work together to bring your health goals to life with clarity, confidence, and purpose. Reach out today!

👉 Contact me and let's get started.

~ Glenda