



Part Two: Designing your personal Wellness Plan.

Take your time to reflect on these questions then complete the following with as much detail as you can.

Present time:

Who are you today?

What would you like to do?

When do you want to do this?

Where are you now?

Why do you want to enhance your life now?

How would you like to do this?

In the future:

Who would you like to be?

What would you like to be doing?

When do you think you will reach this goal?

Where will you be?

Why do you want this future outcome?

How will your life look once you arrive?