



Health vision

Behavioural science tells us that having an emotive vision that connects us to our values and motivators, has the power to enhance wellbeing, hope and even life satisfaction. Not to mention being a powerful adjunct to the health priorities your MFM treatment plan is focusing on.

So then, what is a health vision? A health vision is a clear written statement or strong visual image of your future state of wellbeing that: you wish to experience, you can envisage yourself enjoying and that excites you to live life as the best version of you!

Uncovering your vision

There is no one way to write a vision however we have provided some thought starters overleaf. One important aspect is to write it in the present tense, that is, as if you are already experiencing it.

Before you turn over, allow yourself to daydream as vividly as you can. Imagine yourself 5 years from now.

- How old will you be? What do you wish to be experiencing from life?
- What does your health look like? What words come to mind?
- Imagine what you are enjoying and feeling in any given day?
- How is this best version of you positively impacting those around you?
- What is it allowing you to do?
- What goals can you now go forth and achieve?

...and why is all of this so important to you?

Health vision examples:

"I am confident to say no more and respect my boundaries. I enjoy the things that lift me up, like bike riding, and am making time everyday to play guitar and journal. I enjoy drinking only once a week and am happy at work functions drinking mocktails or soda water when I don't feel like drinking alcohol. I am being a better friend and parent by spending more time being truly 'with' my kids. When I face challenges I am kind on myself, I pause, collect myself and take small steps again to get back on track."

"I have healthy eating habits and enjoy a variety of colourful, fresh food. I feel light, mentally sharp and full of energy. This means I am delaying ageing so I can stay active in my older years. I look better and more youthful and this means I have more confidence. I work hard at this by planning my food choices in advance, enjoy my weekly Latin dance class and daily morning walks. If I get stuck I look at this vision and remember to make the most of this one precious life."

My Health Vision

A compelling vision focuses on what you DO want, as opposed to avoiding what you don't want. It is written in the present tense.

Spend some quiet time to reflect on your vision and really embody the feeling as if you are already living it!

I am

I feel

This allows me to

And this is important to be because

If these things get in the way

I will then
