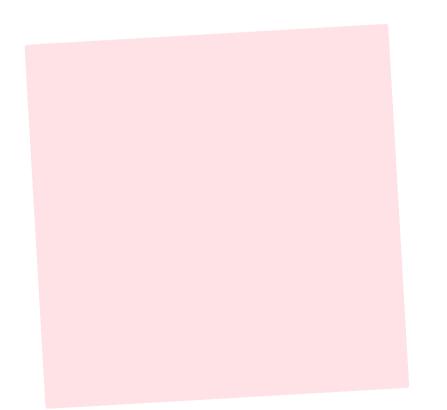
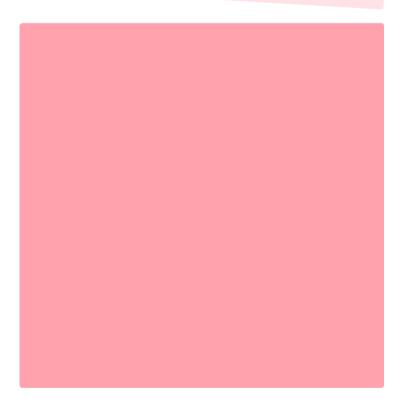
Idea Board **Brainstorm**

What has been your best experience with Health & Wellness?

What Health & Wellness topics do you want to learn more about?

Pros and Cons of staying the same VS. changing





Inagine your "Derfect" health

and how that

would feel



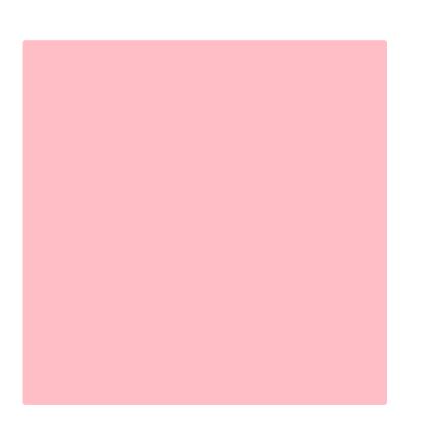
Waterfall Wellness

Idea Book **Your Goal**

What specific area of change

are you thinking about?

Why is this change important for you now?





From your list what would be most enjoyable and likely to succeed?



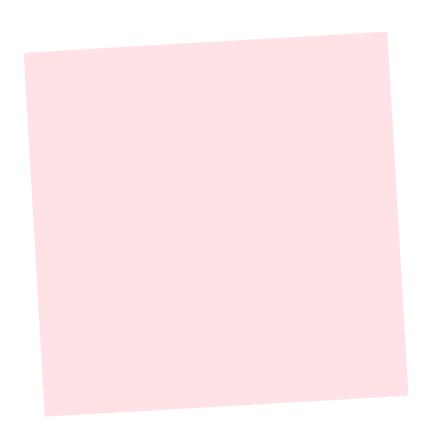


Idea Book **Your Goal**

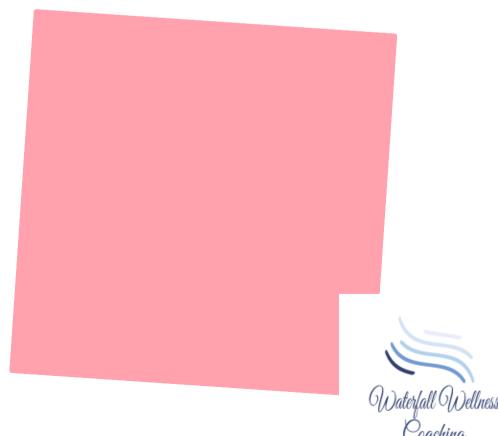
List sources of support to help you make this change.

What are some possible roadblocks you might face?

How will you work around the roadblocks!



How will you know you are making progress?



Idea Book **Your Goal**

On a scale of

0-10 how ready

are you to make this change!.

On a scale of O-10 how important is this change to you?

On a scale of 0-10

how confident are

this change!

you in making

On a scale of 0-10 how motivated are you to make this change?

