What do you want your health for?
What will being healthy make available to you?
What does your life look like when you are WELL?

DON'T & DO WANT LIST

dont want	DO want

GET CURIOUS

What created the desire to have these health goals?
Is there any bad memory that comes up that you're trying to avoid?
Spend a moment considering that resistance and make a note on it so you're aware of it.

GET VISUAL

Now that you know your WHY....What you want your health for, get specific and make note of what that looks like in your life.
Create an image - like a mini movie that will help you envision this healthy lifestyle.