

# MY VISION MAP



This is an exercise in exploration of your hopes for the near future—to assist you in laying out your Vision MAP (Mission, Aspirations, Purpose) for your health and wellbeing.

Give yourself time to ponder and jot down your thoughts about these questions. Writing these down does not hold you to anything, but can help you see the future you may wish to move towards during your Master Your Metabolism 14 Day Transformation.

DATE: \_\_\_\_\_

## WHAT YOU LOVE IN LIFE

Identify what you truly love in life and how you want to show up in life. Here are some possible prompts:

- *I love to do...*
- *I love to be...*
- *I love to feel...*

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## YOUR MISSION AND PURPOSE

What is your mission or purpose in life? Exploring this question through other questions may help you articulate your personal mission and purpose in life.

- *What is most important to me?*
- *What kind of person do I want to be?*
- *What do I take pride in?*
- *What do I want the legacy of my life to be?*

## YOUR DREAMS AND ASPIRATIONS

What are your dreams in life? What do you aspire to be/do/achieve?

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## YOUR HEALTH

Identify why you want to be healthy or healthier. How does this connect to your Vision-MAP? Visualize what being healthy allows for your life.

- *I want to be healthy because...*

## YOUR SELF-CARE

Acknowledge what you do now to take care of yourself. (Give yourself credit for what you do.) Visualize how you take care of yourself. Do you do it mindfully? Are you gentle with yourself? Do you give gratitude for your ability to do these things?

- *I take care of myself by...*

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## OPTIMIZING YOUR HEALTH AND WELLNESS

Identify reasons why optimizing self-care will enhance your health and ability to do the things you love in life and want to do. Let yourself understand what motivates you to take good care of yourself. Visualize how taking good care of yourself will impact your health and ability to do the things you love.

- *The reason I want to take good care of myself is so I can...*
- *When I do this, I feel...*