

DREAM: A Powerful Vision worksheet

A vision allows us to think less about problem solving and more about dreaming or envisioning what ‘might be’. Use the HWBM™ to identify areas of importance and readiness to change . What area of well-being is most important? How would you like it to be different in 1 year or even 5 years. What strengths or barriers need to be considered when deciding where to start (readiness).

Why. This your motivation. It gets you started, carries you through tough times and keeps you going! Why is it important that you make this happen? What value, experiences, or positive affect will it add to your life, your relationships or even your community and/or the broader community? What is this ‘costing’ you by not moving forward?

Your Vision Worksheet

Get Clear. What is your Vision? What area of wellbeing is most important to you right now? How would you like this area to be different in 1 year or 5 years from now? Write as if it is current reality.

WHY do you want that vision? This is your motivation.

Why is it important that you make this happen? What value, experiences, or positive affect will it add to **your life or others lives**. What is this ‘costing’ you by not moving forward?

WHAT will help? What strengths or successes does your community have that you can apply to this goal?

(Include any: Community Norms and Practical Resources: time, money, people support)

WHAT stands in the way? What challenges or barriers might get in the way? (Include any: Community Norms and Practical Resources: time, money, people)

Strengths and Challenges Inform DESIGN

See Next Page

DESIGN: Great Goals

Well designed goals give us the specific details (a plan) to help move our vision into action. The best goals for this are called SMART goals. Taking the time to plan is a huge step in ensuring our intentions are carried forward. And, even the best laid plans need tweaking, or even tossing out. SMART goals offers a place to start based on what we know today, test in the real world, see what worked or didn't and adjust based on what we learn—no judgments, just information!

Be SMART - Specific, Measurable, Action Oriented, Reasonable and Time Limited

MyLiveWell360 Goal Setting Worksheet - EXAMPLE			
DREAM: A Powerful Vision. The Big What and WHY			
I radiate energy. Physical activity is a routine part of my week, and I feel confident in managing my diabetes. I feel peaceful and let go of my fears and anxiety with ease. My motivation is being a role model for kids and enjoying a happier more peaceful outlook.			
*strengths and challenges are included in each goal action plan			
	Goal # 1 Example	Goal # 2 Example	Goal # 3 Example
Wellbeing Area	Physical Health	Security/Basic Needs	Mental/Emotion/Spirit
Statement of Goal	I will exercise more.	I will eat better.	Increase positive states of emotional well-being
*Challenges	Exercising by myself.	No Time	I ruminate on the negative
*Strengths	Making my cardiovascular workouts a social time to be with friends will help me stay motivated.	I like healthy food and am motivated to save money	I am open to learning new ways of coping
SMART Goal	On Monday, Wednesday, and Friday, I will walk or go rollerblading after class with friends.	I will make lunch and healthy snacks the night before and to bring to work at least 4 times a week.	I will research mindfulness or mediation classes to help re-train by mind
Expected Time Frame	1 month	2 weeks	1 week
Benchmark When will we know we met our goal?	Exercised 12 times in 1 month	I will track number of times per week I made lunch and health snacks. Total = 8	I will have a list of 3 to 5 opportunities
Accomplished?	Getting There! I exercised 7 times this month	Not really. 1 x each week. Only on Sunday night.	YEP!
Set New Goal?	Yes. Same game, new time frame—1 week. Exercise 3x/week.	Yes. I will modify to 2 times/week and set alarm in evening to remind self.	Yes. I will choose & register for a class on Wednesday morning.

DREAM & DESIGN: Your Vision and Goals

MyLiveWell360 Goal Setting Worksheet - BLANK

DREAM: A Powerful Vision. The Big What and WHY

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Wellbeing Area			
Statement of Goal			
*Challenges			
*Strengths			
SMART Goal Action Plan			
Expected Time Frame			
Benchmark When will we know met our goal?			
Accomplished?			
Set New Goal?			