

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

Imagine your
"Perfect" health
and how that
would feel

Idea Book

Your Goal

What specific area of change are you thinking about?



Why is this change important for you now?

List possible next steps to make progress in this area.

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?

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Your Goal

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



**On a scale of 0-10
how important is
this change to
you?**



*On a scale of 0-10
how confident are
you in making
this change?*

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