

Visualization Questions to Ask Yourself to Inspire Motivation

If you woke up tomorrow in your ideal state of health, how would you feel?

What one to three things do you need to change to feel this way?

What would it take to maintain your ideal state of health?

Who or what is at the core of your motivation to be healthy?

Next Steps:

- Use a health journal to feel accountable for making progress on your own time.
- Recognize non-scale wins and healthy choices you feel positive about.
- Consider other forms of self care with meditation, exploring nature, low-impact exercise, and community interaction - cooking class, volunteering, or art.
- Schedule time to talk with your health advocate (dietitian, therapist, life coach) to review the big picture on a regular schedule.

