

Figure 1.5: Defining Your Wellness Purpose Statement

Review each of the following prompts and then write your wellness purpose statement.

- Why are you committing to improving your own wellness?
- What are some of the outcomes you hope to observe based on your commitment to wellness?
- What are some of the indicators of success that will help you know you are achieving your goals?
- When things become difficult, or life interferes with your ability to keep wellness commitments, how will you respond?

Wellness Purpose Statement: