

VividLiving. Chapter One. A New Age of Health.

CREATING A NEW HEALTH OR WELLNESS PLAN.

Answering **who, what, when, where, how,** and **why** questions are useful before starting any new plan. Allow your answers to arise from honest self-reflection as you clarify your ideas and goals.

WHO. What qualities of personality and character do you want to support and strengthen as you move towards your goals? Identifying the “who” is just as important to clarify when developing physical goals as it is other wellness goals.

WHAT. Create a vivid picture of the result you most want to accomplish. What does it (or you) look like and feel like? How will you move, think, feel, and interact when you have accomplished your health goal?

WHEN. Establish the time frame in which you will work on your goal, and whether an intended accomplishment date is appropriate.

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WHERE. The answer to this depends on whether your goal is based around an overall lifestyle change, or specific to one area of your life. For example, improving one's diet encompasses many areas of life, at home, work, socially, and recreationally. Improving strength or flexibility may happen in pockets of time at the gym or in the yoga studio.

HOW. This is where you start to identify the steps needed to create sustainable and positive change. *There is a lot more on this in Chapter Four.*

WHY do you want to accomplish this health or wellness goal? This question is key to understanding if your goal is authentic or not. Looking below the surface is useful here, and it can sometimes bring up patterned behaviours. Some people get to this question and realize they don't want to move towards their chosen health goal at all, as they have been responding to the pressures and influence of others instead of looking at their own driving needs and desires. For others, it solidifies their decision.
