

RE-IMAGINING YOUR BEST HEALTH

Creating a vision for your best health & life!

Understanding that no one is going to take care of you, better than you is the key. You are your only responsibility so it's your job to take great care of your body, mind and spirit. Health is a journey that is constantly evolving - it's not a destination. It is also much more motivating to feel that you are taking steps towards a healthy life for yourself than to be constantly running from the discomfort, pain or other current symptoms.

This Visioning exercise will help you learn to listen to your inner wisdom or intuition. Give yourself 30 minutes in a calm and quiet place to do this exercise. Get excited about what you want your life to look like in the next 6 months - 3 years.

1. SHIFT THE STORY: FROM VICTIM OF CIRCUMSTANCES TO YOUR PERSONAL HEALTH ADVOCATE

How do you talk about your health or symptoms? Is it hopeless or hopeful?

Do you say things like:

- "This condition runs in my family, so I was destined to get it too."
- "I have been in pain forever and I've tried everything."
- "My doctor has never seen a case like mine before."

This is a very disempowering way to view your health. This creates an inner victim story that continually plays in your head. We have to shift the negative internal dialogue to a more positive dialogue and go from victim to heroine.

How can you shift your perception of your health? You can start by appointing yourself the designer/architect/queen of your life and your health.

You can start by saying things like:

- "I'm on my own healing journey and I am exactly where I'm meant to be."
- "There are many things I can do to make progress toward my ideal health."
- "I surround myself with people who build me up and support me, rather than break me down."

You can and should take responsibility for your health because you are the designer of your life. No one else has this role. The most important thing to realize is that we don't have control over external circumstances. We do however, have control over how we react to them especially when we are unwell. It is important to maintain the perspective that we can trust ourselves to take care of ourselves. This may mean asking for help or prioritizing our healing over other things for awhile.

Assignment #1: Write in your journal - what does the conversation about your health and wellness sound like in your head? What can you start saying to yourself to shift into a more empowered conversation about your health?

2. VISUALIZE YOUR LIFE:

WHAT DOES YOUR IDEAL HEALTHY LIFE LOOK LIKE?

What is your personal vision of ideal physical health?

Examples:

- Exercise without losing your breath, or having the energy to play with your kids.
- Do an advanced yoga class or master a difficult pose.
- Toned arms, legs or stomach.

What is your personal vision of ideal emotional health?

Examples:

- Feel calm and confident throughout each day, week & month.
- Feel happy, vibrant and energetic most of the time.
- Not be headed to divorce court the week before each period.

Assignment #2: Write in your journal what your vision of ideal physical and emotional health is for you. What does optimal health look like for you?

3. WHAT IS MOST IMPORTANT TO YOU:

PRIORITIZE YOUR CORE BELIEFS AND VALUES

As you begin to craft your vision for your ideal health and life, start to notice what you really care about. What do you feel very strongly about?

Examples:

- Structure vs freedom
- Calm vs high energy environments
- Friends/family vs solitude
- Travel/adventure vs staying at home

Assignment #3: Write in your journal what your core beliefs and values are? Notice if there are any conflicts between your core values and what you need right now.

4. WHAT ARE YOUR CORE STRENGTHS IN OTHER AREAS OF YOUR LIFE?

Your strengths can help you on your healing journey. Where have you been successful in your life at getting through difficult times or achieving something? What strengths did you bring to those challenging times?

Examples:

Patient, vulnerable, strong, persistent, tenacious, good researcher, resourceful, determined, loving, peaceful?

Assignment #4: Make a long list of your strengths and every positive aspect of your personality. How can you use these strengths and positive attributes to prioritize your healing while doing this course and after completing it? Brag about your strengths to your close friends or in our Facebook group!

Take your time to really craft this vision and explore what comes up for you in the process. Remember that your vision for your best health and life will evolve over time so don't feel like this is set in stone.