

Physical Section

*This can be done on the computer for ease and convenience.

Questions to Ponder

~How do I feel about the way I look? Why do I feel this way?

~Looking at my physical appearance, the aspects I like most or am most proud of are:

What does the "ideal me" look like physically?

~What are my ideal weight and measurements? Why do I believe these are ideal?

~What elements of an exercise program would I like to include in my daily/weekly routine? (Give details)

~What part of my diet would I like to change? Why?

~How does the "ideal" me look as far as wardrobe, posture, and general appearance?

~Are there any special sports challenges I would like to take on? Hiking, marathons, sky diving, skiing, etc?

Step #1 ~ Identify your goals

Physical

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Step #2 ~ Dig Deeper

What do I mean by that?

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Step #5~Check for Negative Statements

Change any negative statements and turn them into the “reverse.”

Step #6 ~ Write in the first-person

Cross out any times you slip out of first person.

Step #7 ~ Develop hooks

What are the action plans for this goal?

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Step #8 ~ Keep in the present tense

Check LifeVision statements for leaks.

ReWrite LifeVision Section

