



“Write the vision; make it plain on tablets, so he may run who reads it.” Habakkuk 2:2 ESV

Use this template as a guideline to write a vision for your health. It is a vivid picture of what your life will look like when you achieve and are living at an optimal health level.

I wake up in the morning feeling	
I'm so happy and thankful for	
I look forward to	
I eat	
I look forward to spending time with	
I experience God's peace and presence as I	
My body moves with ease as I	
I enjoy the freedom of	
I love the confidence I feel when I	
I see God's hand at work today as I	
I'm so grateful to have such beautiful people in my life. I thank God for	
As I move about my day experiencing God's grace, I notice	
I enjoy fellowshiping with	as we enjoy delicious healthy meals together.
Eating satisfying foods such as	gives me boundless energy.
As I settle down for the day, my mind is	
Before going to sleep, I give thanks for	
My sleep is restful and	