

#MyMomentToBeWell

Create a vision for a healthier and happier you

When you picture your future, what do you see?

A runner? A social butterfly? Or maybe even a professional chef? The simple act of visualizing your future self is an important step to achieving your goals.

It's a proven method used by the greatest athletes, public speakers and leaders to build confidence and increase success and you can do it too.

Vision boards can help bring your mental image to life. Whether it's gluing pictures from a magazine to a physical board or using a digital format like Pinterest or PowerPoint, you can create a vision board that helps you visualize the healthier and happier person you want to become this year.

Here are five tips to get you started:

- 1 **Think holistically.** Select 1 – 3 habits per pillar that you'd like to work on this year (see page 2).
- 2 **Get inspired.** Use images, quotes, words, stickers, and emojis you connect with emotionally to inspire you to take action for your well-being.
- 3 **Invite others to participate (virtually).** Use a team meeting, family fun day or game night to create your vision board with your colleagues, family members and friends.
- 4 **Get creative.** Remove distractions by turning off your mobile devices, taking a walk outside or turning on a little music to help you cultivate your creativity.
- 5 **Put it on display.** Display your vision board somewhere prominent so it can serve as a daily reminder of the person you're becoming. And don't forget to share your vision board with your colleagues on the **Community Feed** or on social media with #MyMomentToBeWell.



This year, I will become the type of person who...



Emotional

- Finds my purpose
- Is happier
- Reduces my time on social media
- Better copes with my emotions
- Manages my mental health
- Meditates more
- Practices deep breathing
- Practices self-care
- Manages my stress
- Learns to relax
- Thinks positively



Financial

- Increases my financial knowledge
- Creates a budget
- Prepares for a financial emergency
- Finds ways to save in my everyday life
- Saves for a large purchase (e.g. a home or car)
- Plans for future expenses (e.g. college or retirement)
- Spends less
- Manages my debt
- Makes financial investments



Intellectual

- Learns new skills regularly
- Improves my communication skills
- Improves my organizational skills
- Cultivates my creativity
- Learns a new language
- Reads more
- Writes more
- Solves complex problems
- Practices mindfulness
- Breaks my bad habits
- Travels more



Physical

- Moves more
- Runs more
- Runs marathons
- Swims more
- Walks more
- Gets a good sleep
- Eats mindfully
- Eats more fruits/veggies
- Prepares meals at home
- Stays hydrated
- Stretches more
- Gets my annual health screenings
- Practices yoga
- Rides a bike regularly
- Exercises regularly
- Manages my health conditions



Planet

- Reduces my carbon footprint
- Recycles and composts regularly
- Conserves energy
- Conserves water
- Commutes sustainably (e.g. riding a bike, using public transportation or carpooling)
- Plants a garden/tree
- Goes plastic-free
- Connects with nature



Social

- Makes new connections
- Builds stronger relationships with my colleagues and loved ones
- Becomes a better ally
- Gives back to the community
- Donates to a charity
- Champions a cause
- Is kind
- Practices gratitude
- Plans care for my family (e.g. child, adult, elder or pet care)

Once you've created your vision board, make sure to turn your dreams into tangible actions with this **well-being commitment**.