

## MOTIVATIONAL FOUNDATION

### DREAMS

Please write down any and all hopes, wishes, and dreams that you would like to see come true as a result of completing the program.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

### VALUES

What are your top 3 values and how does your health fit in?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

### PRIORITIES

What things in life are most important to you and how does your health affect them?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_