

PLANNING, INFORMATION & PARTNERING STRATEGIES TO GET YOU TO YOUR IDEAL HEALTH STATUS

MY VISION STATEMENT – PART 1

Do it now!

A personal vision is a picture of yourself in the future, where you are going. Specifically, your healthcare vision is about where you see yourself in regards to healthcare and your health status.

In the spaces provided, list first the topics that you want to make sure you address in your vision statement.

Some examples of categories that you may want to make sure you include in your vision statement are listed below. These are just examples and not meant to limit you or the topics you chose.

CATEGORIES THAT I WANT TO INCLUDE IN MY VISION STATEMENT:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

CATEGORIES THAT YOU MAY WANT TO INCLUDE IN YOUR VISION STATEMENT

- | | |
|---|---|
| <input type="radio"/> Outcome I am seeking | <input type="radio"/> Knowledge of the system |
| <input type="radio"/> Use of prescription drugs | <input type="radio"/> Information |
| <input type="radio"/> Diet/Nutrition | <input type="radio"/> Alternative care |
| <input type="radio"/> Physical fitness | <input type="radio"/> Healthcare settings |
| <input type="radio"/> Healthcare provider relationships | <input type="radio"/> Dignity |

Everyone needs a map. The most efficient way to go anywhere is to create a plan and follow a map. Creating your HealthMap™ will put you in control of your healthcare future. You need to base your map leading to your ideal health state on the HealthMap™ three concepts: (1) your plan, (2) your information, and (3) your healthcare partners. Courtesy of <http://www.HealthmapForms.com>