

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

### MY VISION STATEMENT – PART 2

#### *Do it now!*

In the spaces provided to the right, using the categories you identified in Part 1 of your vision statement, write down your vision for your future health status. It might be helpful to create vision statements for one, five and even ten (or more) years from now. The important thing is that you know what you want to achieve.

**MY HEALTHCARE VISION STATEMENT, WHICH SAYS WHERE I PICTURE MYSELF FROM A HEALTHCARE/HEALTH STATUS PERSPECTIVE IN THE FUTURE:**

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**Finally**, write down the picture you see of yourself physically. Fill in as much detail as you can. Describe the picture you see of yourself in 5 or 10 years in as much detail as possible. What are you doing? Who are you with? What, exactly do you look like?

**WHAT'S YOUR PICTURE?**

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**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>