



VISION

MY HEALTH WHY

What does healthy **mean** to me?

What does healthy **look like** for me?

What does healthy **feel like** to me?

What is it like for me to **experience healthy**?

What will it be like to be with the people in my life while being healthy?

What are my concerns?

Who do I consult about my concerns?

What will make it worth it to claim my healthy life?

Next:

Take a free health assessment	Visit the website
https://form.jotform.com/Jenn_Alba/alba-health-evaluation	coaching.jennalba.com/health