

CREATING YOUR WISHLIST WORKSHEET

What is health? For you, it might be something different from what is health for anyone else in the world. Is it being fit and free of disease? Is health feeling balanced, or having energy, or getting down to a weight that doesn't burden you? Or is it getting your chronic conditions manageable again? Whenever a new client comes into my office, one of the first things we do is sit down together and make a Health Wish List. This is a list of everything the client would like to happen. The first things my clients usually mention are that they want to change the number on the scale, and/or they want to change the progression of a chronic disease they have been diagnosed with. I think those goals are too narrow. Why limit yourself to a diagnosis or a number on the scale, or that one, most pressing symptom? I want you to dream big. Think of everything you want for your body. And this can be an ongoing list. You can check things off as you achieve them, and you can always add more. In fact, I encourage you to add more, as you learn more and get to know this process better. I always encourage my clients to go further.

Below is a sampling of some of the items my clients have come up with for their own Health Wish Lists. Check the ones that you want on your list, then try to add ten more items at the end of this list that mean something to you.

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|---|---|
| <input type="checkbox"/> I want more energy. | <input type="checkbox"/> I want to feel happier. |
| <input type="checkbox"/> I want to feel good all day long. | <input type="checkbox"/> I want to get rid of my anxiety. |
| <input type="checkbox"/> I want to get rid of my mid-afternoon slump. | <input type="checkbox"/> I want to reverse my autoimmune disease. |
| <input type="checkbox"/> I want to sleep better. | <input type="checkbox"/> I want to solve my blood sugar issues. |
| <input type="checkbox"/> I want to want to have sex! | <input type="checkbox"/> I no longer want to have diabetes! |
| <input type="checkbox"/> I want to get some of this fat off my hips. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> I want to banish the back fat! | <input type="checkbox"/> _____ |
| <input type="checkbox"/> I want to reduce the cellulite on my thighs. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> I want to get rid of my double chin. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> I want better, clearer skin. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> I want to get rid of my wrinkles. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> I want to get the sag out of my upper arms. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> I want to stop being constipated. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> I want to get rid of my indigestion. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> I want to lower my cholesterol. | <input type="checkbox"/> _____ |

This is just a small sampling. Your list can be much more detailed, much more inclusive, much longer. Actually write it down. Include everything! Dream big. And then recognize something very important: Everything you eat influences the possibility that every single thing on your wish list will come true—or will only remain a dream.