



# RELEASE

THE PRESSURE

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Create Your Wellness Vision Board

# Intro Letter

## *From the Heart*

Hey, Sis:

We've been through a lot together, and I don't want that to change. I have taken good care of you over the years — keeping your blood pumping, making sure nutrients get carried throughout your body, stuff like that.

Now it's time for you to take good care of me — and that just means taking care of you.

Let's take a minute to envision what that might look like in the areas that matter most. That's what this wellness vision board is for. Also, see if your girls want to do this with you.

Love always,  
**Your Heart <3**



# Creating Your Wellness Vision Board

There are no rules when creating a vision board. It is all about the vision you have for yourself. Here's what you'll need:

- Old magazines, newspapers and pictures of images that resemble your vision. Google Images is good, too.
- Write or type out favorite quotes or words (if you can't find them already in printed material).
- Cork board or a cardboard (paperboard) for displaying any images you find
- Glue stick or push pins for a cork board
- Your girls! Creating a vision board is a fun activity for you and your squad to do together.



# Gotta Start Somewhere

## A Note From the Heart:



I keep your engine running. If I'm going to keep doing that, we have to understand where you are with taking care of yourself.

Love ya' sis,  
Your Heart <3

1. What is your current stress level (0 = cool as a fan, 5 = extreme anxiety and tension)
2. List your top 3 sources of stress right now?
3. Are you satisfied with the amount of sleep you get each night?
4. How are you currently dealing with stress (list the good and the not-so good)?
5. How many times a week are you physically active? (This means you're intentionally doing an exercise to get your heart rate up)
6. What often prevents you from getting physical activity in?
7. How much water do you drink everyday?
8. Which high-fat or high-salt foods are the biggest temptation for you? How often do you eat them? (Daily, weekly, just occasionally)
9. What was the most recent blood pressure reading? When was it taken?
10. Has your doctor advised taking blood pressure medications?

# Envision Your Dream Movement

## A Note From the Heart:



I'm always moving. That's my job, but I can do my job better when you're moving your body, too. Envision yourself being active with no limits. Don't worry about how you feel now. We're dreaming here. Do you want to glide like Misty? Be a beast in a catsuit like Serena? Or shake it like Beyonce? What's your dream movement?

Love ya' sis,  
Your Heart <3

## Create the Vision:

- 👉 What activities do you envision?
- 👉 Who inspires you to move like this?
- 👉 Any other details, like setting or outfits

## From Vision to *Action* 3 steps in 3 months

Your dream movement doesn't have to be all fiction. What three steps can you take over the next three months to get moving like this? How can your squad support you to get this done?

> Try the 7-day Challenge

# Envision Your Dream Moment

## A Note From the Heart:



I can deal with a lot, but constant stress takes its toll on both of us. We both need a break — time to rest and be at peace, even if only for a moment. Envision yourself in a moment of complete peace. You're not looking at a million things to do. You're not worried about anything. Your mind and body are resting, relaxing, and happy. What does that look like for you?

Love ya' sis,  
Your Heart <3

## Create the Vision:

- 👉 What are you doing in this moment of peace?
- 👉 Are you at the beach, in the tub ... what's the setting?
- 👉 Who else is there, or are you alone?

## From Vision to *Action* 3 steps in 3 months

This moment can be real. What three steps can you take over the next three months to have some version of this moment? How can your squad support you to make this real?

## > Try the 7-day Challenge

# Envision Your Dream Meal

## A Note From the Heart:



What you eat can help or hurt us. It's that serious. We usually eat unhealthy high-fat or high salt foods because of convenience ("it's quick and cheap") or habit ("this is what we always eat"). We also eat because of stress, and foods are comforting. But imagine you have a chef who will create healthy foods for you. The kind that taste good and are good for you. What would that look like?

Love ya' sis,  
Your Heart <3

## Create the Vision:

- 👉 What healthy meals would you love to eat more of?
- 👉 What not-so-healthy meals would you like to get rid of?
- 👉 What will be your go-to breakfast to keep the pounds away?

## From Vision to *Action* 3 steps in 3 months

Even with everything on your plate — these meals can be on your plate, too. List the three steps you can take over the next three months to make one of these dream meals a go-to? How can your squad support you?

## > Try the 7-day Challenge

# Envision Your Dream Milestone

## A Note From the Heart:



Your body and appearance may change as you get older, but I can stay healthy — if you focus on taking care of yourself now. What age will you be in 10 years? Imagine you're celebrating that birthday and you're having a conversation about your health. What would you love to be able to say?

Love ya' sis,  
**Your Heart <3**

## Create the Vision:

- 👉 How fabulous will you look in 10 years?
- 👉 What healthy habits have you picked up?
- 👉 What stressful jobs/relationships have you kicked to the curb?
- 👉 What is your doctor giving you a high five for?

## From Vision to *Action* 3 steps in 3 months

This vision of your health in 10 years starts with taking care of yourself — and your heart — today. What three steps can you take over the next three months to make this 10-year vision a reality? How can your squad support you?

**> Try the 7-day Challenge**