



Brampton: 220 Wexford Road Unit 2 Brampton, ON L6Z-4N7

Ph: (905) 840-WELL Fax: (905) 840 -LIFE

www.drjustineblainey.com

www.blaineywellness.com

Your Future Health

Answer the following questions about your future health:

1. Which aspect of your health do you feel would be the most important one for you to develop this year?
2. By learning more about this aspect of your health, what results or objectives would you want to accomplish?
3. What do you think has held you back, up until now, in accomplishing these health objectives?
4. What are you currently doing to try and achieve these objectives?
5. How much time, effort and energy are you willing to commit daily to achieve what you desire most regarding your health?
6. How will accomplishing your health objectives affect other people and other aspects of your life?
7. How will it feel to accomplish your health objectives?
8. Where do you want support to help you?