

# STARTING YOUR JOURNEY

## Find Motivation

What is most important to you in life? What brings you joy? What do you live for?

These questions all seek to arrive at the same answer, and the answer is important for the journey ahead: It is your life's aspiration, your motivation to heal.

Discovering your true motivation is so important, because it centers you in your life's meaning and purpose, and it helps instill focus, commitment, and determination on the road ahead. When you're able to keep sight of your ultimate motivation to heal, you'll be able to set and achieve goals and face challenges with more conviction.

*Joy of living is a more sustainable and powerful motivator than fear of dying. How well we live is more motivating than how long we live.*

— Dean Ornish, MD

Think BIG! Start with your ultimate aspiration, and then work your way backward to figure out which areas of your health you, with the help of your health care team, can address to achieve it. A dream vacation, revisiting your childhood home, a reunion with an old friend, a physical feat, a big celebration, dancing with your partner, learning a new language...any of these things and a million more could serve as your motivation to persevere on the journey ahead. Picture what brings you the most joy in life, and let that image be your guide.

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**What do you live for?** What is your ultimate motivation to heal? **Think BIG!** What would realizing this motivation feel like? Look like? Record it below in words, pictures, names, drawings... anything that represents why you will do all that it takes to live well and stay as healthy as possible!