

Client Workbook:

Your Health Vision Transformation Journey



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Welcome to your health transformation journey!

This workbook is designed to guide you through:

- setting your big vision
- creating tiny habits
- stacking small wins
- prioritising your health goals.

Each section contains:

- actionable exercises,
- space for reflection, and
- motivation to keep you on track.

This workbook will provide you with:

- clear, structured steps to follow
- will help you stay engaged, and motivated
- Help you stay on track to reach your health goals.

The exercises encourage self-reflection, habit development, and consistent progress.

1. Clarifying Your Health Vision

This is the foundation of your transformation.

Visualise and describe your ideal health.

What does your healthiest self look like in 6 months to a year?

(Write a vivid description using sensory-rich language. Imagine how your body feels, how you move, what energy levels you have.)

What emotions does your healthy future bring up?

(Describe how you feel emotionally when you imagine your best health.)

How do your health goals align with your values?

(What values are most important to you, such as self-care, vitality, balance, etc.?)

2. Daily Reflection & Self-Awareness

Take a few minutes each day to check in with yourself.
This is your space for reflection.

How did I treat my body today?

What choices did I make today that brought me closer to my health vision?

What can I improve tomorrow?

How can I show myself more self-respect today?

3. Creating Tiny Habits

Start small and build from there.

Choose one habit to focus on this week.

Choose one tiny habit to start:

(e.g., drink a glass of water every morning)

When will I complete this habit? (e.g., right after brushing my teeth)

How will I reward myself for completing this habit?

4. Tracking Small Wins

Keep track of your progress. Small wins lead to big results.

Choose one habit to focus on this week.

Track your habit completion for 7 days:

Celebrate your wins: (Write down how you'll reward yourself for completing your habit each week.)

5. Prioritising Your Health

What matters most right now?

Focus your energy on one or two key areas.

Identify your top health priority for this month:

What boundaries will you set to protect this priority?

How can you simplify your health approach for the next month?

6. Adjusting for Flexibility

Setbacks are a part of the process.

Adjust, learn, and keep moving forward.

What challenge did you face this week, and what can you learn from it?

How will you adjust your approach to overcome this challenge?

How can you stay compassionate with yourself moving forward?