



## What is Most Important to You

Use this worksheet to explore some ideas. Don't hold back!  
Write down everything you can think of.

What do I want? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Where do I want to go? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Who do I want to help? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What does my best life look like? \_\_\_\_\_  
\_\_\_\_\_

What does optimal health and living optimal days mean to me? \_\_\_\_\_  
\_\_\_\_\_

What would I accomplish if I couldn't fail? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If I didn't have to worry about time or money, how would my life change?\* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What would I do differently? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

This income hypothetical is not representative of the average earnings that Coaches achieve with OPTAVIA; only a very small number of Coaches will achieve income that is within the range of this hypothetical. OPTAVIA makes no guarantee of financial success. Success with OPTAVIA results only from successful sales efforts, which require hard work, diligence, skill, persistence, competence, and leadership. Please see the OPTAVIA Income Disclosure Statement ([bit.ly/idsOPTAVIA](http://bit.ly/idsOPTAVIA)) for statistics on actual earnings of Coaches.