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WNC NATUROPATHIC MEDICINE MODEL of PRACTICE



CREATE YOUR BEST VISION!

What have you been wishing your life would be like right now? Please take your time and answer the following questions to put in writing the **BEST VISION** for your life. (Write on the back if you run out of room!)

COMMITMENT:

What are you wanting to commit to? Where would you like to be a year from now? How would you like to feel? Write down your **BEST VISION** for you! Here are some areas to consider:

FAMILY: _____

BUSINESS: _____

HEALTH: _____

TRAVEL: _____

BUCKET LIST: _____

SPIRITUAL: _____



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What are you willing to invest to achieve this **BEST VISION**? (physical, mental, cognitive, spiritual items, financial?)

CONNECTIONS:

Personal: Who are your personal connections that help you on your health journey?

Professionals: Who are the current professional connections that help on your healing path?

CAUSES:

What potential obstacles do you foresee that would prevent your **BEST VISION** from occurring? Do you feel it is possible to eliminate or prevent these potential barriers?

COACHING:

Strengths: What are your strengths that will enable you to achieve your **BEST VISION**?

Weaknesses: What areas do you foresee as needing help?

Rate your commitment level to take actions necessary to make sure your **BEST VISION** becomes a reality? 0 (Ready to go!)10 (Doubts/fears beyond my control)

Comments: _____

Contact Information:

Name: _____ DOB: _____

Email: _____ Phone: _____

Address: _____

Best way to reach you? Call Email Text

Dr. Janet will be in touch with you!