

Your Vegan Vision



1. Write in detail why you're interested in veganism:
2. What is your biggest challenge going vegan?
3. How will fulfilling your vegan goals affect your life? Write in detail.
4. Is there anything you need to address or prepare to go vegan (i.e. talking to a loved one, changing your habits, etc.)? How and when will you do this?
5. Imagine your vegan vision and goals fulfilled. What do you look and feel like being vegan? How do you live? (Hold this vision of yourself, and repeat it to yourself often).
6. What's your plan of action and timeline for implementing your new direction?
7. Do you need support? If so, what's your plan for getting it?

Name _____