

Navigate Your Wellness with a Coach Approach to Staying Healthy



1. What do you do to stay healthy?

- _____
- _____
- _____

2. How well are you doing? ___ very good ___ good ___ fair

3. What could you do better? (Circle your answer)

exercise more, make amends, drink water, food choices, portion sizes, bed time, snacking, smoking, pray, alcohol, family time, Bible study, self-time, forgiveness, smiling, sharing, journaling, gardening, fellowship, volunteering, work schedule, play, gratitude, be kind, make time, take a class, be you.

4. What are you willing to do? _____

5. On a scale of 1 to 10 how ready are you to get started?

1 2 3 4 5 6 7 8 9 10

6. What needs to be in place for you to get started? (How do you need to prepare yourself, others and your environment to ensure success?)

- Self: _____
- Others: _____
- Environment: _____

7. How will you start?

- _____

Consider this:

What do you really want?
 When you get what you want, what will you have?
 What difference will it make? (Learningjourneys.net)
 What will change require of you?
 And, What is keeping you from having what you want?

8. What is *one* thing you can do today, to get you closer to your desired outcome?

- _____

Shannon Spiller Physician Assistant and Certified Life Coach Practitioner

Contact us: shannon@acoachapproach.net

Visit us at: acoachapproach.net

Like us on: [Facebook](#)