



## Using Self-coaching to Achieve Your Health and Wellness Goals

### **What is self-coaching?**

A new approach to alleviating life's struggles, which combines changes in thinking with a motivational plan for personal empowerment.

### **What Healthy Living Means to Me? (short answer)**

Example: Eating healthy and exercising; taking time to relax; managing my stress; getting my routine medical tests done; taking my medication as prescribed

My example:

### **Step One: Create My Wellness Vision:**

#### **What I want when it comes to my health and wellness:**

Example: To be vigorous and youthful and at my best energy at least 50% of the time. To eat a balanced, healthy diet and be physically active for 30 minutes at least five days a week. Stress management is part of my everyday life.

My example:

**What I want to do more consistently:**

Examples: Exercise; meditate; eat more vegetables

My example:

**I expect this change to have the following impact:**

Examples: Increase my energy and stamina; feel more relaxed

My example:

**This matters to me because:**

Example: I want to be a good role model to my family.

My example:

**Step Two: Change My Thoughts**

Deciphering my thoughts—determine fact from fiction and change my inaccurate thinking that's holding me back. Negative thoughts that interferes with reaching my health and wellness goals

Example: I don't exercise so I must be a loser.

My example:

**Positive thought to replace the negative, self-defeating thought:**

Example: I've been successful at XYX...so it's possible for me to be successful at exercising.

My example:

**Step Three: Make an Action Plan**

Define my goals

**My SMART goal (Specific; Measurable; Attainable; Realistic; Time-bound) this week.**

**Tip:** As you create your goals scale your confidence in achieving them—use a 1-10 scale, with one being the lowest and ten being the highest. If your confidence is lower than a seven, consider revising the goal until you are at least a seven on the confidence scale

Example: I will walk 10 minutes five days this week, Monday through Friday, at 10:00 a.m.

**My three-month goal:**

Example: I will walk 30 minutes five days per week, Monday through Friday at 10:00 a.m. starting next Monday 05/03/2020

Confidence level: 6

## **Step Four: Reach Out for Support and Accountability**

Find my support system  
Share my plan  
Ask for feedback

### **People I can reach out to for support and accountability:**

Examples: Sister, friends (names), spiritual leader

My supports:

### **Date I will reach out to my support:**

## **Step Five: Evaluate Progress and Address Barriers**

Journal progress  
Identify and address barriers/challenges  
Create a “What Not to Do” list  
Reflect on success

### **My progress:**

Example: I walked 10 minutes three days this week on Tuesday, Wednesday and Friday.

My example:

### **As far as my progress is concerned, I feel:**

Examples: Hopeful, frustrated, proud, mad

My example:

**I experienced the following challenges:**

Example: I might get busy during the day and forget or not have time to walk.

My example:

**Strategies I will use to overcome challenges:**

Examples: I can schedule a walk on my calendar; I can have a backup time later in the day if I get busy; I can ask my partner/spouse/kids to walk with me in the evening if I can't walk during the day.

My examples:

**My "what not to do" list:**

**My successes:**

## **What Self-coaching Can Do for Me**

Provide an honest evaluation of myself

Get honest feedback from others

Evaluate my efforts

Promote self-awareness

Encourages self-encouragement and self-compassion

Uncover my purpose