

Wellness Life Coach Workbook



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Wellness Life Coach Workbook
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Introduction

When it comes to wellness, the challenge is two-fold. The first part is knowing *what* to do. The second part is actually following through on the plan.

Often, the first part is easy. You know that you need to work out every day; it is actually getting to the gym that is the hard part. You know the food plan you need; it is sticking to it that is so tough. You know meditation is helpful; it is carving out the time that is tricky. When you work with a coach, you increase your ability to follow through on what you know you need to do. Working with a trained and certified coach helps you thrive.

When you complete a handful of sessions with a coach, you will:

- Identify habits that most need to change in order for you to achieve your goals
- Design an achievable, yet exciting, action plan
- Understand your motivation style and become more proactive
- Reduce your stress by creating effective systems
- Boost your confidence and excitement about your future

If you are reading this book, you are probably fortunate enough to work with one of these coaches. If you want to find a coach who has been trained to deliver this curriculum, you can find coaches by contacting Coach Training EDU for recommendations.

Wellness coaching is about helping you follow through and flourish on all levels.

Welcome to the journey.

Wellness Coaching

Coaching to Flourish

Flourishing is a concept coined by positive psychologist Martin Seligman to describe general well-being - psychology's term for happiness. The concept of flourishing is much like the concept of weather. You can't measure the weather directly. Instead, weather is comprised of many elements that you can actually measure, such as precipitation, temperature, and humidity. Flourishing is the same. It is comprised of different elements, such as positive emotion, accomplishment, and relationships.

The idea of coaching to flourish looks at positive psychology's term and asks the question: if a coach were to guide a client through a program that sets the stage for flourishing, what would be the elements or steps such a coaching program would take? The answer: it would take similar elements as what a plant needs to create a flower. It takes adequate nutritious resources. It takes the courage to do what your heart and that quiet voice you hear is asking you to do. It takes stamina and an ability to keep moving forward in the face of challenges.

Elements of Wellness Coaching

The Wellness Coaching Program uses the metaphor of a flower to guide you through the elements that set the stage for flourishing. You start first with the seed, which is your calling to do something more or to create something valuable and beautiful. The second stage is the roots, which represent your ability to gather resources, information, and nutrition. Next come the leaves, which are your ability to take action steps and create sustainable systems. The fourth step is the stem, which includes the stamina to keep going, and to bounce back from setbacks. Once all the elements are in place, we finally arrive at the flower—the fruit of your labor—which is an expression of beauty, and a gift to the world. Let's take a deeper look at each of the elements.

The Seed: Clarify Your Vision

Everyone hears a calling. It might be faint. It might be loud and staring you in the face. Whoever you are, wherever you are, you are called to do something—to do your life's work. The first step in the journey is getting clear on the vision of what's calling you. Creating a compelling vision—big enough to excite, small enough to achieve—is the first element of wellness coaching. Your coach will help you explore and clarify what you really want. Making the complex simple increases clarity. Such clarity naturally prompts action. A compelling, clear vision is the glue that holds the meaning, action, and motivation together.

The Roots: Gather Your Resources

A large part of flourishing is gathering the resources you need. While your wellness coach is an expert in coaching, she or he is not necessarily an expert in all facets of wellness, such as diet or exercise. It is your responsibility, as a client, to seek out the exact plan you need/want to follow. However, your coach can guide you to find those resources and help hold you accountable to following through. When your support

system is strong, you set the stage for the rest of your efforts to be successful. While it takes time and effort, establishing strong roots and resources increases your chances of success.

The Leaves: Design Your Actions and Habits

The third element looks at taking actions, creating habits, and using systems to achieve your vision. Systems make success sustainable, reduce stress, and improve overall wellness. With the help of your coach, you will identify and design a plan to make little changes that, over time, make a big difference.

The Stem: Increase Your Learning and Stamina

The fourth element focuses on increasing your self-awareness and fluency with your thoughts, emotions, and motivation. We each have an internal language and dialogue made up of empowering or limiting beliefs, assumptions, and perspectives. When you learn how to speak and interpret this internal language, you will soon discover what actions you need to take to be more fulfilled, more effective, and less stressed. This segment of the program is a constant train of “Aha!” moments that build interpersonal skills, and a strong foundation of motivation to keep you going when things get tough.

The Flower: The Outward Expression of Your Work and Leadership

In Art History, flourishing is defined as that period in an artist's life when they are producing their best work. That work for you could be your parenting. It could be getting back into shape so that you could live a healthy lifestyle and be an active part in your community. It could be establishing a thriving business. Whatever your calling or vision

is, the next stage is taking big action steps and leaps of faith to bring your leadership into the world.

When you have all the elements in place, you flourish. You fulfill the calling you hear in your heart, and you gather the courage to do your life's work. Working with a coach through the process is one of the most valuable and important investments in yourself you can make. Congratulations on taking on the journey!

Guidelines to Coaching

While there are no set “rules” for what does and does not help in a coaching session, there are some guidelines that make a big difference in what you will get out of the Wellness Coaching Program. At the center of the program is your relationship with your coach, your understanding of the concepts, and your ability to follow through with the exercises in-between sessions. The bottom line is that the success of the program is up to you, and—just like in life—you will get about as much back as you put in.

Guideline #1: Trust Your Imagination.

Many of the questions your coach will ask are designed to make you think about yourself and your situation differently. It is the coach's job to ask hard questions that make you think deeply. Take your time and trust your imagination. Many of the exercises require mini-leaps of faith in thinking about what is true for you, and your coach is trained to help you pick apart the fluff from what is real. Trust yourself and trust the process. As you learn to trust your imagination and dream bigger, you will not only realize how powerful your imagination can be, but also how achievable your goals are.

Guideline #2: Go beyond Right/Wrong and Good/Bad.

The idea of right versus wrong or good versus bad gets in the way and slows progress. Instead of thinking in those terms, take a step back from hard and fast judgments. The words *right*, *wrong*, *good*, and *bad* carry so much emotional baggage and judgment that it makes creating positive change and habits more challenging.

Instead of thinking in those terms, think in terms of things being useful, somewhat useful, or useless. Some habits are really useful. Some are not. When you avoid thinking about something being good or bad, and instead focus on its usefulness, it helps you

make a positive choice without the extra step of dealing with the judgment and emotion of doing something “wrong” or “bad.”

Guideline #3: Adopt a Growth Mindset.

From the viewpoint of a growth mindset, success and failure are merely feedback on how you are doing. Neither changes the fact that you are still going to put in work and go after mastering your subject or craft.

From such a perspective, if you keep moving forward and putting in effort, success is going to happen. Failure is going to happen too. Both are useful for learning, and if you are not having failures along the way, you are not trying hard enough—nor will you achieve as many meaningful successes in your life.

The key to failure is to learn from it and recover quickly. The quicker you get back on track and move forward, the better off you are. The key to dealing with failure is to develop resilience, quick recovery, and adaptability—the ability to learn from mistakes and be flexible to try something new.

The most important thing is to keep moving forward. Whatever decisions you choose and actions you take, as long as you keep moving forward, you will be successful.

Coaching Sessions

1: Seed

When you quiet your monkey mind, when you listen to your heart of hearts, you hear a voice calling you.

- What is it you really want?
- What are you yearning for?
- What is your life asking you to do?
- What is your life's work this month?
- What is your life's work this year?
- What do you hope to receive from this coaching program?

Suggested Exercises

Core Motivation

Wheel of Life

Vision Recording

Future Pacing

Future Self

Bird's Eye View

Session Notes:

Insights:

Action Steps:

2: Roots

This session is about reaching deep and gathering the resources you need to move ahead.

- Whom do you need to reach out to?
- Which athletic trainers, nutritionists, sleep experts, or other practitioners have you contacted to gain their insight?
- What other resources do you need?
- What do you need to let go of?
- What do you need to detox?

Suggested Exercises

Motivation Styles

Inner Critic

Assumptions Chart

Busting Limiting Beliefs

Signature Perspective

Session Notes:

Insights:

Action Steps:

3: Leaves

This session is about taking action steps, designing habits, and creating the systems you need to stay sustainable and be successful.

- What habit do you want to start?
- What is going to make you energetically and financially sustainable?
- What habit do you want to break?
- What else do you want to detox in your life?

Suggested Exercises

The Habit Loop

Values: Making Decisions

Future Pacing

Setting Reminders

Identifying Passions

Mission Statement

Session Notes:

Insights:

Action Steps:

4: Stem

This session is about bouncing back and actively embracing challenges and inevitable setbacks.

- What's your perspective on failure?
- What systems do you have that keep you going?
- What resilient choices do you make?
- How do you prepare for challenges?

Suggested Exercises

Core Motivation

Motivation Styles

Developing a Compelling Narrative

Reframe

Powerful Relationships

Session Notes:

Insights:

Action Steps:

5: Flower

Flourishing occurs when the elements fall into place for your natural curiosity and creativity to thrive.

- How is the challenge helping you flourish?
- What other elements do you need to flourish?
- What are you learning about how you work best?
- What does flourishing give you?

Suggested Exercises

Inner Critic

Future Self

Future Pacing

Setting Reminders

Cycle of Self-Construction

Session Notes:

Insights:

Action Steps:

Exercises

The Cycle of Self-Construction

The Cycle of Self-Construction exercise is perfect for visualizing the impact different habits will make, as well as identifying the first habit to focus on in your pursuit of a healthier lifestyle.

What

The Cycle of Self-Construction is a cycle of habits that lead to an upward cycle of productivity and fulfillment. As you are identifying habits to work on with your coach, a few habits might present themselves as being keystone habits. A keystone habit is a habit that makes following through on other positive habits easier and more attainable, thus sparking an upward cycle of increasing resources and constructive actions.

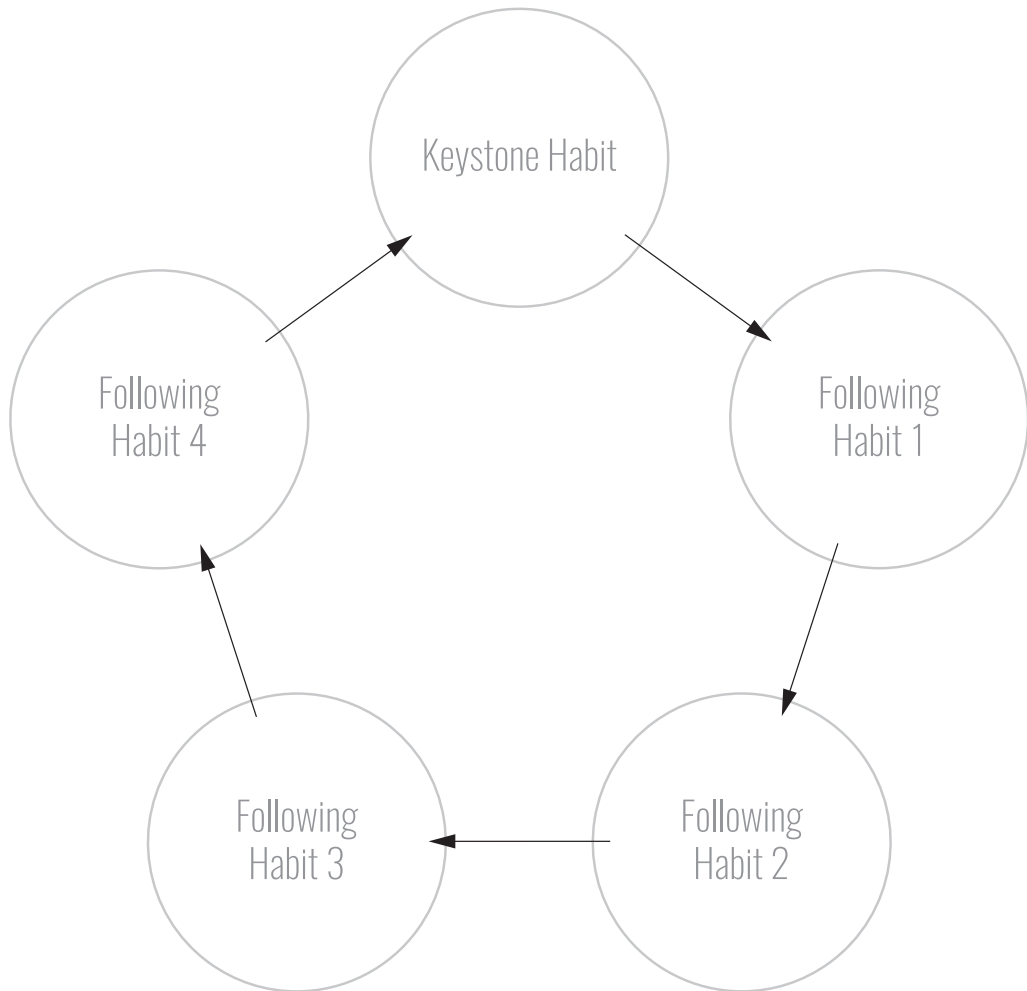
Why

At the heart of the Wellness Coaching program is the premise that one key action sets off a chain of other actions, which leads to an upward spiral of health and well-being. By focusing on the cycle, you construct your best self with each positive action you take.

How

Start by looking at a list of habits you want to integrate into your life. Pick one and work it through the cycle. Your coach will help you deepen insights and clarify an action plan based on the tool.

The Cycle of Self-Construction



Wheel of Life

When you're feeling like you need an overall assessment of how things are going, or an overall big picture, the Wheel of Life exercise is perfect.

What

The Wheel of Life is a popular coaching exercise that gives you a quick overview of your life. It's a quick assessment of your current level of satisfaction in each area that also provides a visual of how different areas of your life—and your satisfaction with life—are connected.

Why

A quick overview gives you a new perspective, as well as an opportunity to pinpoint an area of your life which you otherwise wouldn't address.

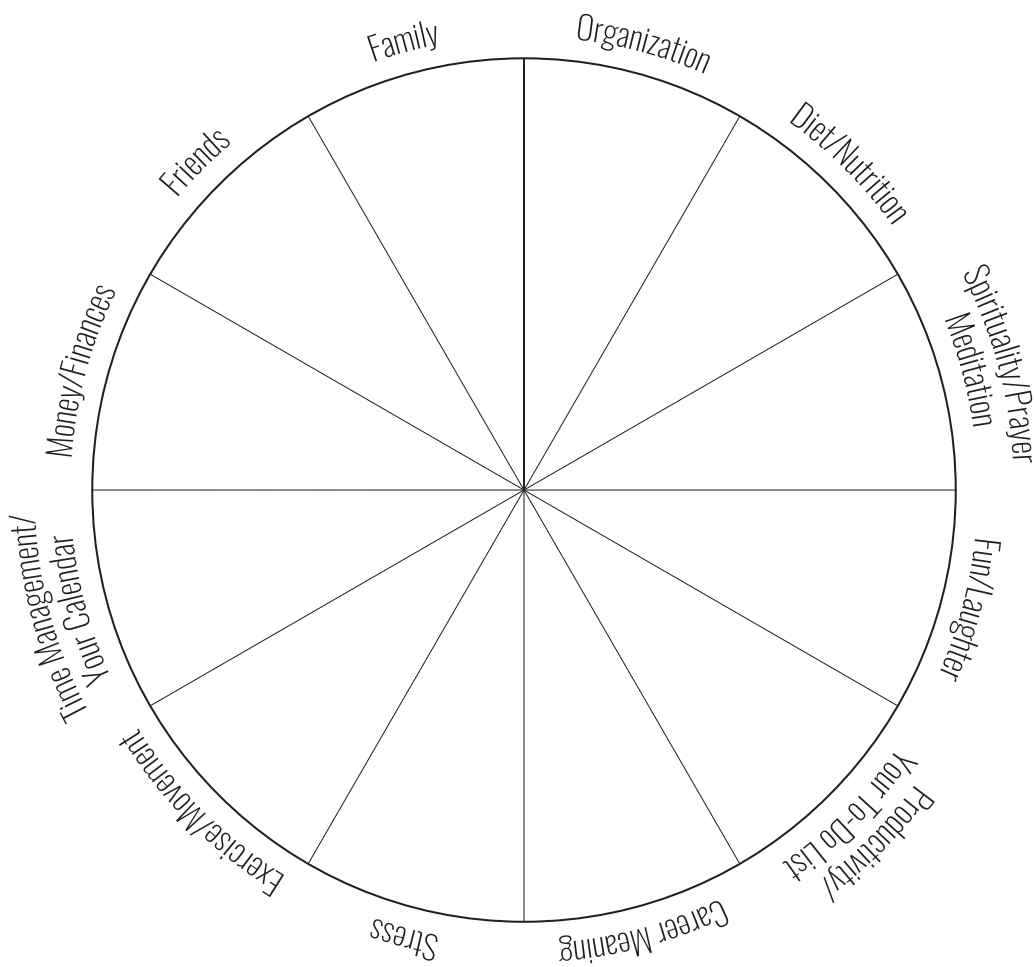
How

Start with a wheel with the following or similar categories. Rate your current level of satisfaction with each of the areas. Your coach will take it from there.

- **Organization**
- **Stress**
- **Nutrition/Diet**

- **Movement/Exercise**
- **Relationships/Laughter**
- **Productivity/Your To-Do List**
- **Time/Your Calendar**
- **Family**
- **Friends**
- **Spirituality/Prayer/Meditation**
- **Career/Meaning**
- **Money/Finances**

Wheel of Life



Core Motivation

Finding what really motivates you is a tremendous tool in helping overcome challenges and do the work that most needs to be done. It is also a tool to develop your self-awareness and gain a better understanding of how to take advantage of your personality strengths and manage weaknesses.

As with any personality system, especially one that considers what really motivates you, there is the concern that a system cannot possibly be descriptive enough and give an accurate picture of the richness of your personality or uniqueness. The concern is valid, and the Core Motivation tool is designed merely to give you a clearer insight into factors that influence thinking patterns and motivation habits. The tool points to the natural strengths of your core motivation, as well as usual blind spots that limit and hinder your success.

Guidelines:

- **To find your Core Motivation, read the nine paragraphs below.**

The paragraphs describe the nine different kinds of motivation.

- **Everyone has a little of each.**

In different parts of our lives, we can rely on different motivations. A few of these will seem to fit you best; focus on determining which. Find the top one or two that most fit.

- **When we get down to what really motivates us, one core style will stand out.**

- **Your coach will guide you to determine which of the nine styles fits best.**
- **After you determine your style, your coach will help you learn more details about your Core Motivation, and integrate what you have learned into the Wellness Life Coaching Program.**

Core Motivation Types

Type One: The Perfectionist

I strive for things to be perfect and in place. If I am passionate about something, I work really hard and spend a lot of time on it. I want other things around me to be perfect, but I am mostly hard on myself. I am very critical of the things I do, and I am very disappointed in myself when I make a mistake. I often have a lot of priorities on my plate, but I just want to improve my life and the lives of others. Often, people follow my lead, and I am comfortable in that leadership capacity. Whatever I have to do, it has to be done right, and I will do what it takes to get there. Others might say I am intense or too serious at times, but I just like to be focused and I would rather relax when the work is done.

Type Two: The Helper

What really drives me is my ability to help others. I love doing things for somebody, especially if I know they will appreciate it. I feel like I know how best to help people because it is usually easy for me to determine their wants and needs. It might seem like I try too hard or am controlling at times, but it is just because I want to help in the best way. I get satisfaction out of putting others before myself, though sometimes it takes its toll when I do not focus on my own needs. I like when others recognize that I am there for them, and I usually have a difficult time saying no. I also place a huge emphasis on

relationships. I give a lot of myself in hopes that others will recognize what I have given, and in turn will respect me for that. At the end of the day, I hope that the people I help will be there for me when necessary.

Type Three: The Doer

I want to be the best I can be at what I do. Goals are important to me, and I work hard at achieving them. I feel very successful when I meet my goals, and I want others to respect me for it. My mind works rather quickly, and sometimes I can get irritable if something or someone seems to be working too slowly. Though I am personally competitive, I can also do well on a team and am well liked. I want to make a good impression on people, and I care about how others view me. When I have a really passionate goal, I know just what to do to achieve it and stay motivated. I prefer to do only the things I am good at.

Type Four: The Artist

I like to express my emotions, and I want others to understand me for who I am. I consider myself genuine and unique. I am constantly seeking more in terms of my life, and I try to evaluate and consider what is missing. I do not like to be misunderstood. Sometimes people might mistake me for being dramatic or caring too much, but really I just want to express exactly how I feel. I like to get to know others on a deeper level and form real connections. I am passionate about feelings, and I want to accurately reveal myself to others.

Type Five: The Thinker

I love being the expert. Before I delve into something, I want to know as much as I can. I do not like to be wrong or corrected, which is why if I do not know something, I would rather not say it. I am happy to argue my points for what I believe is right, but if the facts do not support my idea, I will reconsider my idea. I often thrive on alone time, and I like to think about my past experiences. I am pretty independent, and I do not want to have

to rely or depend on someone else. I crave information and knowledge, and I am not shy in a group setting, where I can speak up and say what I know and express what I want. Overall, I am a simple person, and my life is rather straightforward.

Type Six: The Friend

I like to be prepared for the worst. Often I envision worst-case scenarios so that I know just what to do in case they actually happen. I have a creative imagination and a somewhat odd sense of humor. I can be unsure of people in authority, especially if I do not trust them. Once I trust someone and have explored an idea, I will be very loyal. When it comes to new ideas, the first thing that usually comes to mind is what could go wrong. I would rather think it through before accepting it at face value. I am not much of a follower, especially when it comes to ideas, because I can easily pick out why I disagree with it.

Type Seven: The Optimist

I enjoy life at a fast pace. I like to create many options for myself and future plans. I keep many options open. I shy away from negative emotion, and I hate feeling bored or trapped with my life. If I am upset over something, I do not want to dwell on it. Sometimes I will get really excited over something rather quickly, but then eventually I will get bored with it and forget about it or drop it. Often, I will start things that do not quite get finished. At the same time, I am very optimistic, and I believe life is a ride that is meant to be enjoyed. When I have several options that I can choose from, I have a hard time deciding because I want them all.

Type Eight: The Defender

I like to be in control as much as possible. I am very blunt and honest because I want things to be clear. It frustrates me when I feel like someone is conniving or unfair. At times, I might seem controlling, but I just want to take charge and keep things going

smoothly. I try to hide my weaknesses because I feel vulnerable when someone else knows what they are. That being said, I think we should still recognize our weaknesses and do something about them. I would rather get something done on my own than be told what to do, which is why I sometimes have a hard time following orders from authority. I will not always respect a person of authority upfront, but when I do, I am much more willing to follow directions from them.

Type Nine: The Peacemaker

I like things to be peaceful and happy. I tend to avoid conflict and confrontation. Sometimes I cannot even recognize exactly what I want, so I just go with the flow, especially in group settings. When I do know what I want, I might still agree with someone even if it goes against that. I might get angry at myself, but I do not like getting angry at other people, or when people are angry at each other. I have a kind heart, and I know it can be taken advantage of. When I really need to, I know how to stand up for myself. I am good at seeing multiple sides to a situation, both pros and cons.

<i>Challenges to Personal Growth</i>	<i>Exercises that aid personal growth</i>
<i>Type 1: The Perfectionist</i>	
Being too hard on myself. Being too serious. Not taking time for myself for fun. Demanding perfection.	Improvisation. Accepting, even embracing mistakes. Taking time out of the day for fun and laughter.
<i>Type 2: The Helper</i>	
Doing so much for others that I forget to take care of my needs. Becoming too involved in relationships. Becoming demanding when I am not recognized.	Write out what you want for each area of your life, and determine clearly what balance you want to achieve. Set aside time to treat yourself as you would treat another person.
<i>Type 3: The Doer</i>	
Realizing that my worth is who I am, not what I have accomplished. Sacrificing personal relationships for the sake of a goal.	Relax your focus on success, and instead focus on what fulfills you. Clarify your values and what's really important to you.
<i>Type 4: The Artist</i>	
Overly identifying with emotion, especially sad emotion, without moving into action. Resisting change if it is not dramatic. Feeling unworthy. Focusing too much on myself.	Practice changing perspectives and choosing those perspectives that empower you to get what you really want. Create a positive vision of your future life.
<i>Type 5: The Thinker</i>	
Overanalyzing and being stubborn. Avoiding people or opportunities that seem to be overwhelming. Being extremely private. Not moving into action.	Meditation, especially short meditation during the day to check in with your emotions—then move into action! You must act on what you decide.

<i>Type 6: The Friend</i>	
Not trusting myself or others. Thinking about worst-case scenarios. Wanting to keep knowing more before making a decision. Doubt.	Check in with fear. Practice changing perspectives and choosing those that move you forward in a positive direction. Positive affirmations work for 6s.
<i>Type 7: The Optimist</i>	
Thinking that something I don't have will be better than what I have. Constantly trying to avoid pain and not meeting responsibilities. Being distracted from bigger goals.	Clarify a mission statement and take small action steps to accomplish it. Meditation is very important to 7s. Exercise discipline.
<i>Type 8: The Defender</i>	
Being stubborn. Denying weakness and sensitivity. Fighting any attempt to be controlled, and trying to control others. Acting in ways that make success harder to accomplish.	Focus on the gift that you can give to others. Listen closely to others and practice empathy. Resist being stubborn and constantly resisting others. When healthy, 8s turn into 2s.
<i>Type 9: The Peacemaker</i>	
Ignoring problems and trying to be comfortable always. Not meeting problems when they first start, and avoiding conflict at any cost. Not knowing what I really want.	Clarify a mission statement and commit to taking small action steps. Practice asserting yourself and saying "no" to small things. Refuse to be passive-aggressive. Instead, be assertive.

Challenges and Exercises for Personal Growth

My primary core motivation:

Challenges most apt to me:

How I know I'm doing well:

Exercises for personal growth:

Address the Stress

What: Quick vs. Full Versions

Both the quick and the full versions offer a simple assessment tool designed to get you to focus on the actions you can do in your day to manage stress. The quick version focuses on exercise, meditation, spirituality, and connecting with friends. The full version adds more categories for a more complete picture.

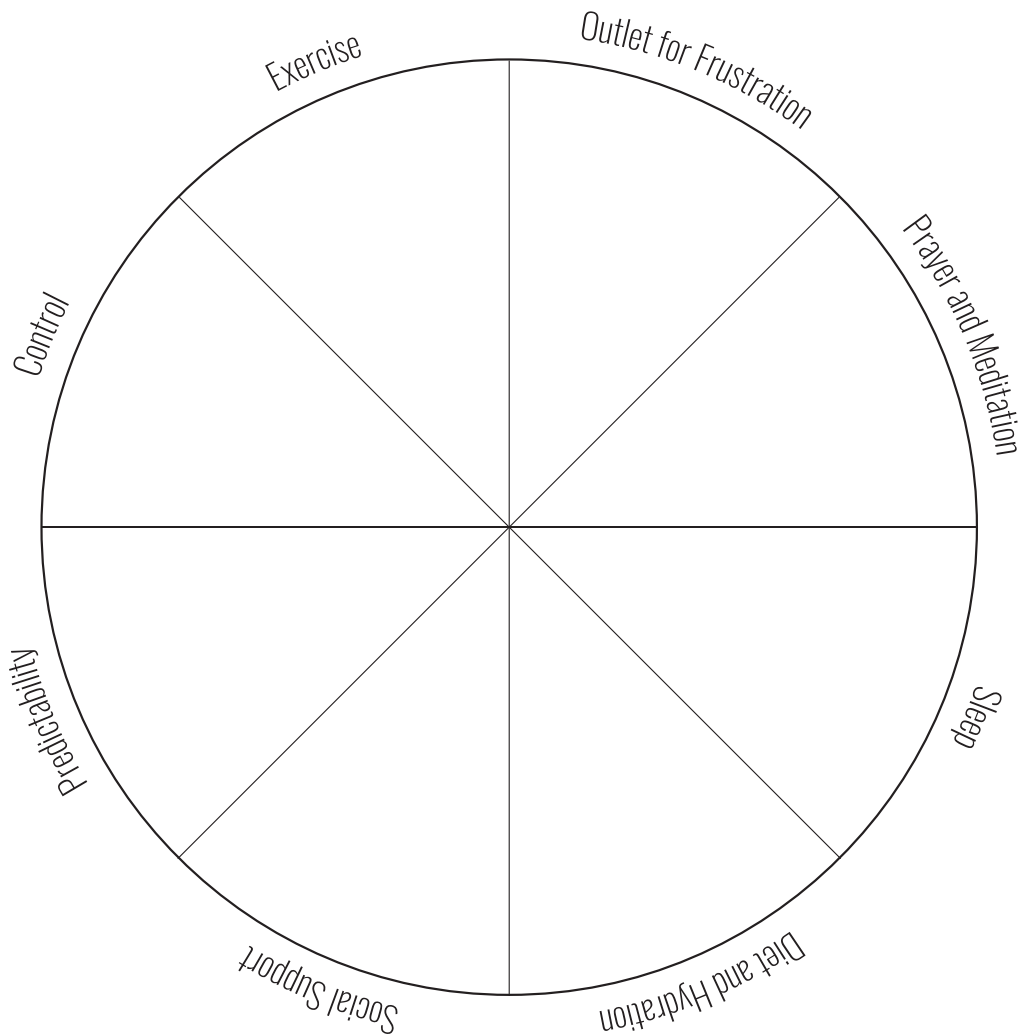
Why

Stress is omnipresent. Stress can wear you down. Much of the Wellness Coaching Program focuses on helping you reduce or control stressors. This exercise assumes you're going to have stressors, and looks at other actions you can add to your day to keep your stress in check.

How

Assess how well you're doing in each of the areas on the Address the Stress Wheel. Your coach will take the process from there, focusing on designing a plan for you to include more stress-managing activities in your day.

Address the Stress Wheel - Full Version



Address the Stress Wheel - Quick Version



The Habit Loop

Your lifestyle depends on the habits you create. If you're feeling like you need a habit makeover, this is the session for you. Understanding the elements of a habit—as well as how to work with your neurobiology—helps you to be more effective in creating effective, healthy habits.

What

A habit is made of three parts: a cue, a routine, and a payoff. Working through the Habit Loop exercise will help you identify each part and plan to effectively change your habit.

Why

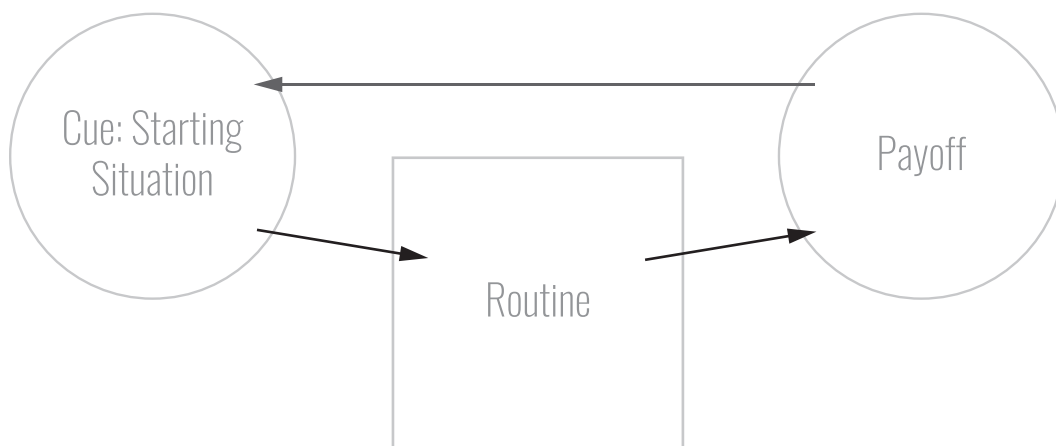
Change the pattern, change the habit. The science behind habits suggests that to most effectively change a habit, you need to alter the habit's pattern. You will identify the point in the habit where a new piece needs to be put into the usual pattern. The leverage point in the habit loop is designing different actions to take from the same cue that lead to similar feedback. It works because you change only one point in the cue/action/feedback loop, instead of trying to create a whole new habit stream.

How

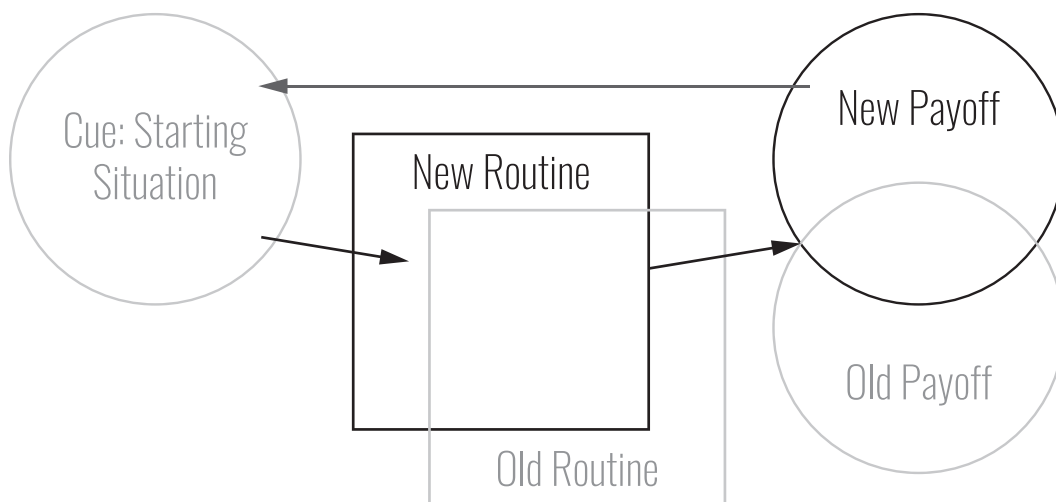
Using the chart below, your coach will guide you through analyzing a current habit you've established. Your coach will then help you design a new routine and explore the kind of feedback loop you'll be creating. The final step is to look at what you can do to help modify the cue to prompt the routine you want to establish.

The Habit Loop

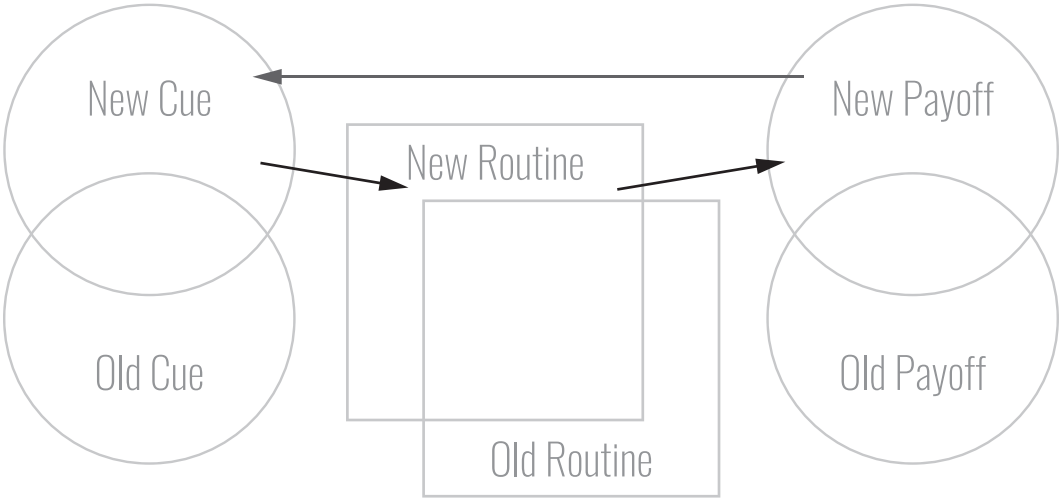
Step 1: Explore Current Habit



Step 2: Same Start, Similar Routine



Step 3: Similar Cue, Similar Routine



Future Self

The Future Self is one of the Wellness Coach Training Program's most popular exercises. It's an exercise that invites you to explore a powerful future perspective and take a look back at the present moment. It's useful for when you need clarity and guidance in making important decisions and reaching the next level.

What

The Future Self is an exercise designed to get you to create an accurate picture of yourself 10 years in the future. Essentially, the Future Self is a designed perspective of a positive version of yourself one decade into the future.

Why

Research has shown that simply thinking about a positive “possible self” in the future has a positive impact on well-being (Markus & Nurius 1986, King 2001).

How

Your coach will guide you through a 10-minute visualization for you to “meet” your Future Self, then your coach will take you through a series of questions to explore this powerful perspective and tool.

Flow

When you find yourself feeling overwhelmed, anxious, or over stretched, it's time for the Flow exercise. When you find yourself underwhelmed, stuck, or bored, it's time for the Flow exercise. Realigning the challenge you're undertaking with your skill set is a useful tool to help you consciously design periods of productive flow in your life.

What

Flow is a psychological state of being fully present and engaged with the action at hand. One finds joy in using a skill set adequate for the challenge. It's being in the zone. It's a state of optimal performance. Athletes strive for it. Artists create in it. Creatives crave it.

Why

Flow is effective because it welcomes challenge. The enjoyment is found in the present moment of doing the work, and not the far away pay-off of being successful. You tap into intrinsic motivation to create a playful, yet productive, state of creativity and accomplishment.

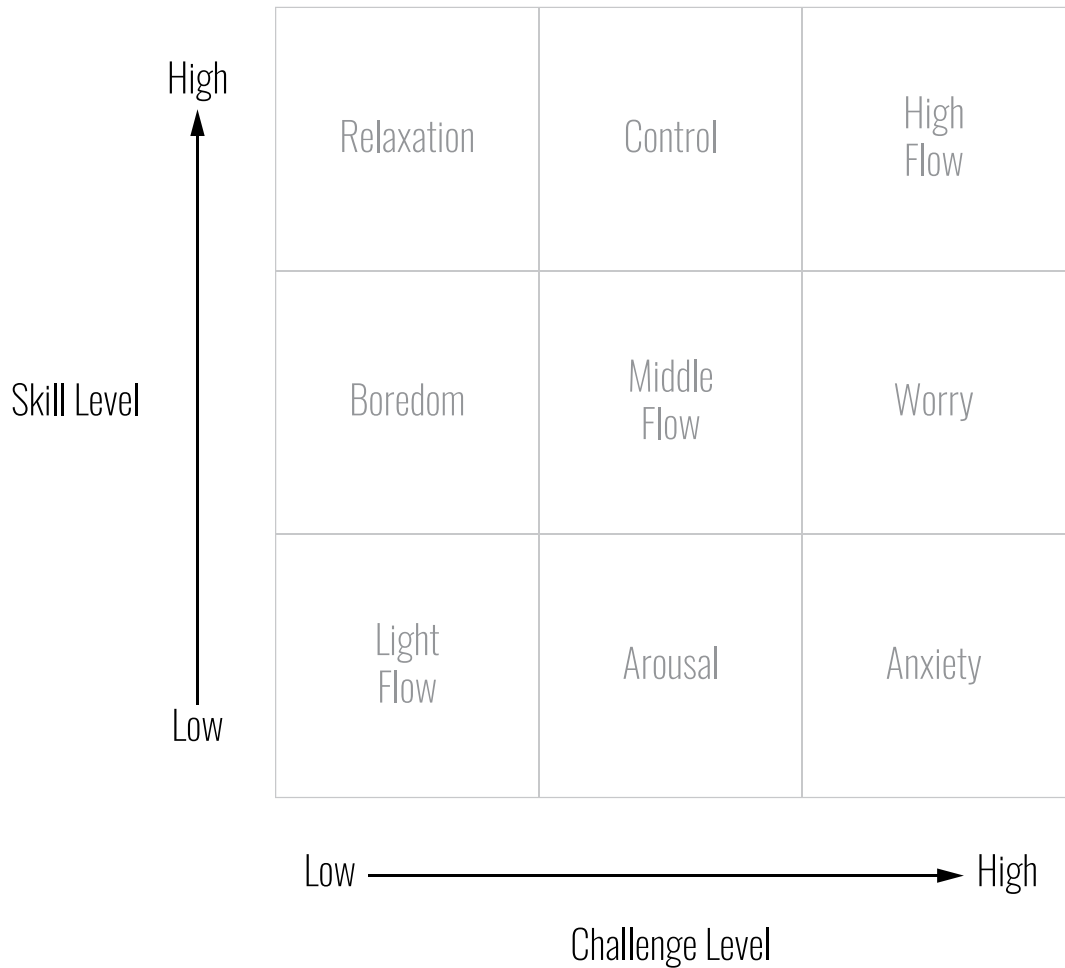
Flow works because the human body and mind are designed for flow. Flow *wants* to happen. Children play in flow all day long. It is only with the introduction of doing things we do not feel like doing—or far-off outside rewards and conditions—that we learn how not to be in flow when learning or working.

How

Your coach will lead you through a process of identifying the mindsets and outside stressors to create space to focus on flow. The next steps are determining the challenge

you want to tackle and the skill set you want to develop to meet that challenge. You test out your design by seeing if you can create the conditions of flow in your daily life, from checking email to going on a run to finally writing your novel.

Flow Chart



Resilience Intelligence

When facing a big project or challenge, it's helpful to brush up on the choices you are making that will help you build a platform and habit of resilience.

What

Resilience Intelligence is a concept designed to help you make choices that lead to more resilience. For example, being slightly optimistic about your ability to meet a challenge, yet slightly pessimistic on how hard that challenge is going to be, gives you the best chance of being successful.

Why

Your resilience comes from your internal perspectives and your outward actions, as well as the strength of the community and resources you're able to rely on. In this exercise, you'll clarify the areas you want to focus on and build into your journey to meet a challenge.

How

Start by considering the elements in the pyramid chart on the following page. Your coach will lead you through the pyramid, starting at the foundation to explore the different elements of Resilience Intelligence.

Resilience Intelligence



Future Pacing

The Future Pacing exercise gives you a little pick-me-up and an extra layer of mojo.

What

A type of visualization exercise where you imagine yourself taking the steps you most want to take in the near future.

Why

When you visualize yourself doing the action, you increase your chances of actually following through. Visualization is a powerful tool to help your mind and body prepare for a future challenge.

How

Your coach will lead you through an exercise where you jump to a certain point in the future and create a scenario with as much detail as you can about what it will be like to take an important action step.

Sleep Wheel

Having trouble grabbing a good night's sleep? The Sleep Wheel is for you.

What

It's a quick assessment designed to get you to think more broadly about several crucial factors that lead to a good night's sleep.

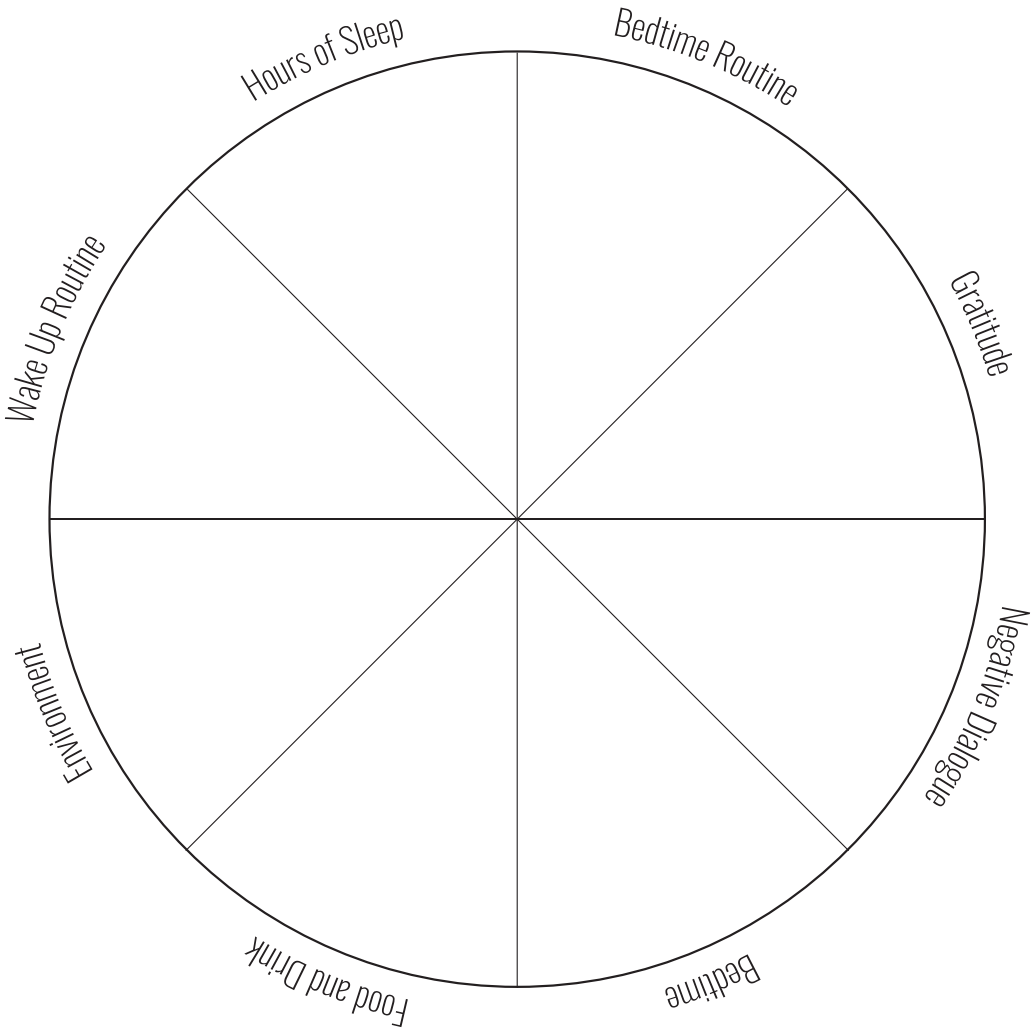
Why

Sleep is such a vital part of health, and so habitual, that addressing it directly is a powerful exercise that makes a tremendous impact on all other areas of life. When you take the time to plan and follow through on an evening ritual of winding down and a morning routine designed to get you ready, you're leveraging two crucial time periods that often go overlooked.

How

Similar to the other assessment wheels, your coach will lead you to rate your current level of satisfaction in each of the areas. The next step is to take a deeper dive into the routines you want to create or habits you want to change. The quest for a good night's sleep organizes all the other areas of your life, and in turn, a good night's sleep adds a turbo charge to your day.

Sleep Wheel



Nutrition Wheel

Ready to make a mindful, empowering choice on the food you eat—and to stick with the plan? The Nutrition Wheel helps you address your food choices and lifestyle.

What

You most likely know what food choices are the best for you. If you don't, make the quest to find your perfect food choice and lifestyle the topic of your coaching session. The Nutrition Wheel is an assessment designed to look at several areas of food choice and nutrition that might otherwise go unaddressed.

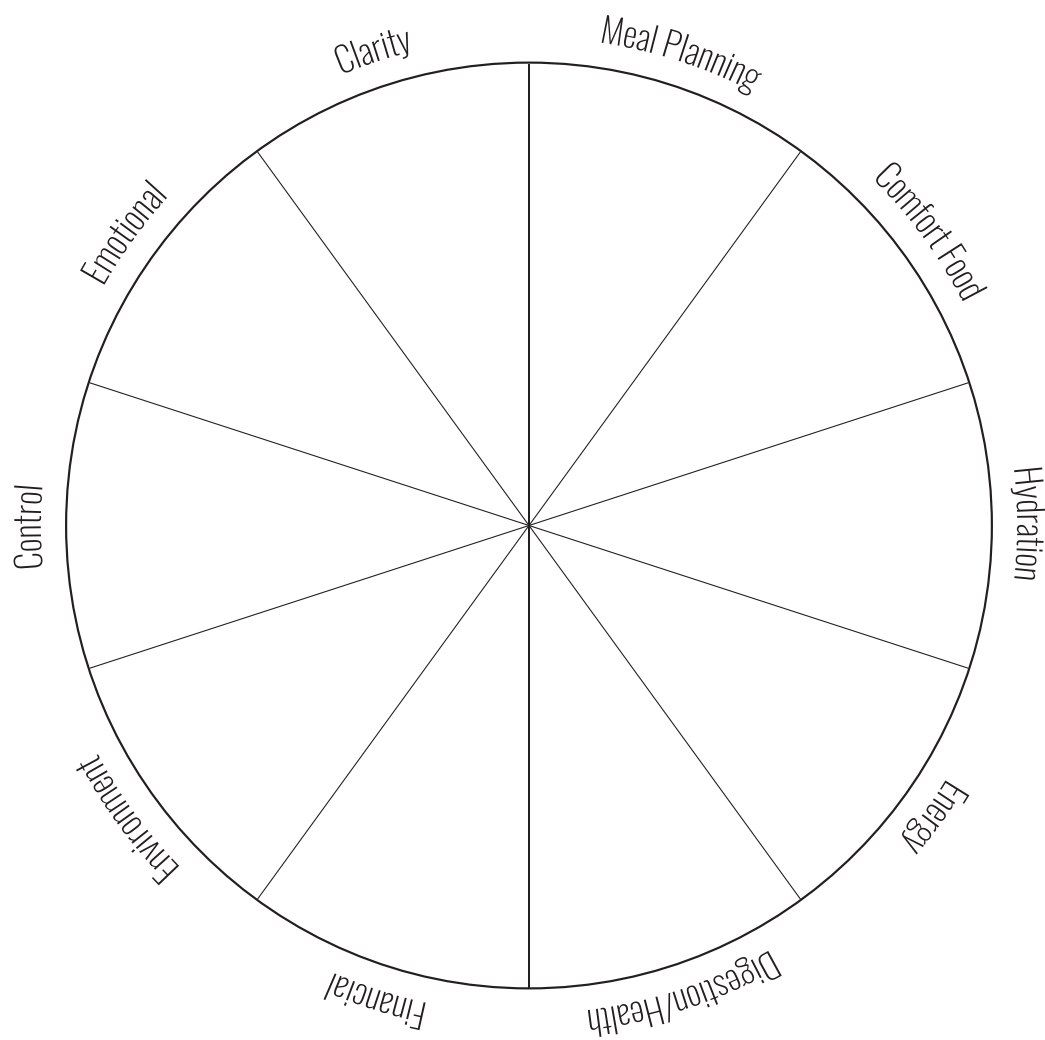
Why

Exploring different areas and having your coach's help to hold you accountable will help you stick to the lifestyle changes you want to make. The Hawthorne effect states that what we measure improves. By looking at the different areas of nutrition and putting a number to your level of satisfaction, you're taking an important step that helps you follow through on making habit change when it comes to lifestyle and food choices.

How

Go through and rate your current level of satisfaction in each of the areas on the Nutrition Wheel. Your coach will guide you through exploring, learning about yourself, and the next steps to take. You'll also want to add a date to your wheel. When you come back to do the assessment again, what's changed and what has stayed the same will provide valuable information.

Nutrition Wheel



Self-Alignment, AKA Getting Over Jet Lag

The Jet Lag exercise is perfect when you feel like you've grown beyond a situation but still get tripped up for silly reasons. Most likely, you've got an old value that has worn out its usefulness and it's time to move on.

What

Jet Lag is a metaphor for the values you used to cherish but you now realize no longer serve you. It is like jumping into an airplane and hopping quickly through a few time zones. The real time has changed, and the rest of the system (your biological clock) needs a little time to catch up. Giving yourself grace and time to dismiss those outdated values while embracing the new is like catching up from jet lag.

The process of finding outdated values includes identifying and clarifying new values you want to embrace and old values you want to thank and dismiss.

Why

Clarifying values increases your awareness of what is truly important to you. So many actions can be based on outdated ideas. Such outdated values can show up in the form of an Inner Critic or an uncomfortable clash of old and new values.

With the personal work that you have accomplished in this program, you have also developed a new set of values. Coaching provides enormous value by assessing which values to embrace and which to thank and dismiss.

How

Your coach will explore current values, as well as older values you want to release. Your coach will also guide you through the Inner Critic exercise to explore and manage negative self-talk.

Values

When you're working hard, yet still feeling dissatisfied, working with a coach on clarifying values might be the exercise for you. When values aren't being honored, life can feel like chasing after something, but never feeling quite satisfied . . . with faint feelings of guilt for not being enough. Taking a look at and aligning actions with values requires courage. Having a great coach helps, too.

What

Values are the clarification of a cherished belief or experience. At their best, values name an aspect of experience you enjoy. For example, the value "Red Boots" could refer to that specific experience of bringing your Future Self's energy into your life. It could be that moment when you recognize you're making a brave choice and taking bold action.

Why

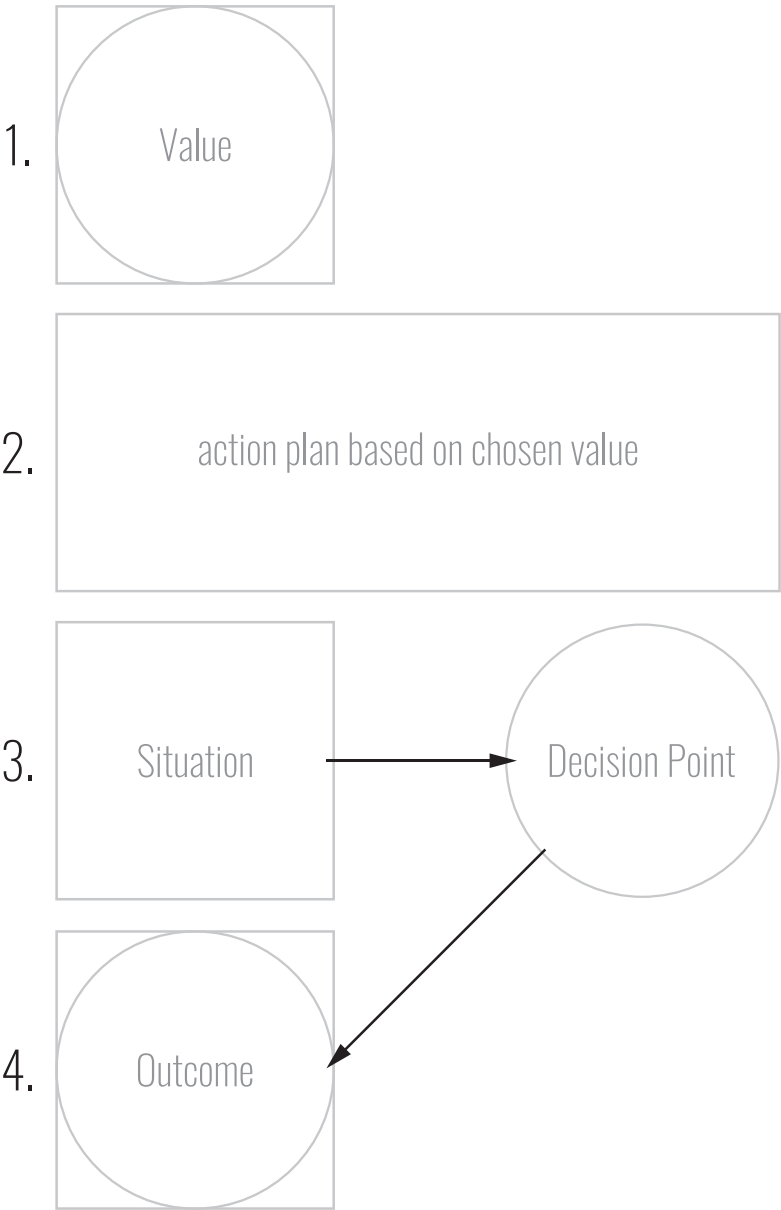
Clarifying what's important to you helps you identify the most important action steps you can take. When you start taking the most important action steps, you experience a state of doing your life's most important work. Pursuing meaningful work is a path to satisfaction and happiness.

How

Your coach will lead you through a series of questions guided by the coach's natural curiosity. Your coach will listen deeply and ask curious questions designed for you to explore what's truly most important to you. When you start questioning assumptions you've held for years--and allow yourself to dream--you surprise yourself with what

insights you create. You then have an opportunity to explore the exact decision point in your life when you take your life’s most meaningful action steps.

Values



Inner Critic

The Inner Critic exercise is a fantastic exercise to use when you feel like you're being too hard on yourself, or when negative self-talk is getting in the way.

What

Your Inner Critic is the negative self-talk, images, and feelings that make up your internal dialogue. In this exercise, you use your imagination to separate yourself from this not-so-helpful voice.

Why

This exercise helps you create distance between you and negative self-talk. Once you create a little distance, you increase your chances of being able to respond from a more empowered perspective.

How

The first step is to look at what kinds of things you say to yourself when things are not going well. Then, your coach will lead you through an exercise to gain clarity on the negative self-talk, and to create a small, cartoonish figure to represent your Inner Critic. From there, you get to design a new job description and method for dealing with your Inner Critic when it pops up.

Setting a Reminder

Once you've done all this hard work with your coach, setting a reminder to use coaching concepts throughout the day gives you an added boost.

What

The Setting a Reminder exercise is simple association. It's linking a specific concept, such as a Perspective or a Value, to a hand movement or an essential oil scent. A reminder can be used to create a deeper sense of peace and gratitude. A reminder can be used to boost motivation and energy.

Why

The connection between mind and body is powerful. Once you establish a link between a concept and a movement or scent you've created, Setting a Reminder is a useful tool to recall the concept to mind throughout a busy day.

How

The first step is to get clear on exactly what you want to be reminded of. The next step is to associate the concept with a hand movement or an essential oil scent. Your coach will lead you through both parts of the exercise, as well as help you design when and how you're going to use your reminder.

Assumption Chart

When you have a suspicion that your mindset and self-talk is getting in the way, it's time to do an Assumption Chart.

What

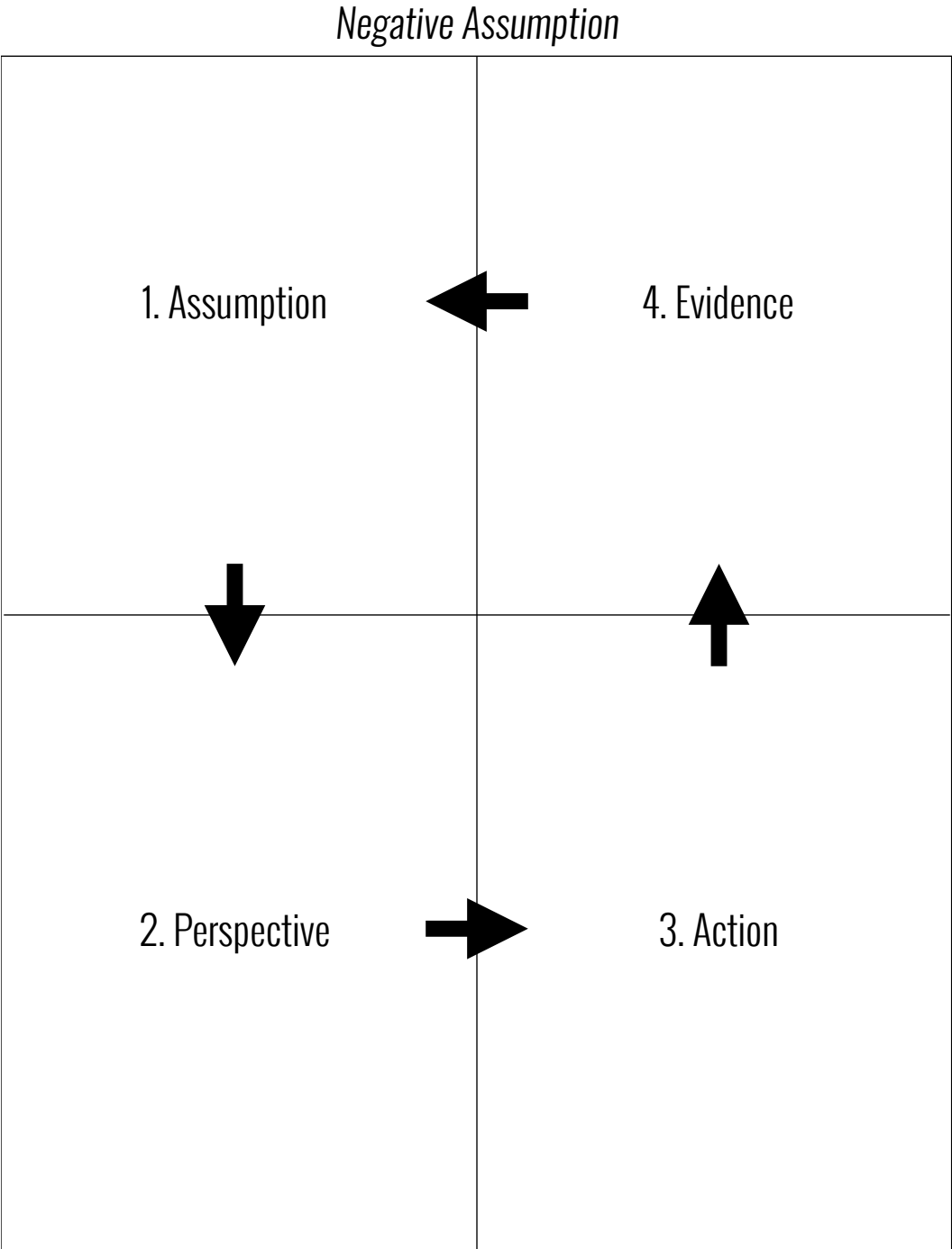
Same chart, two cycles: the Assumption Chart is really two charts. The first is the cycle you set off when you consciously or unconsciously make disempowering assumptions. The second cycle is when you make empowering assumptions.

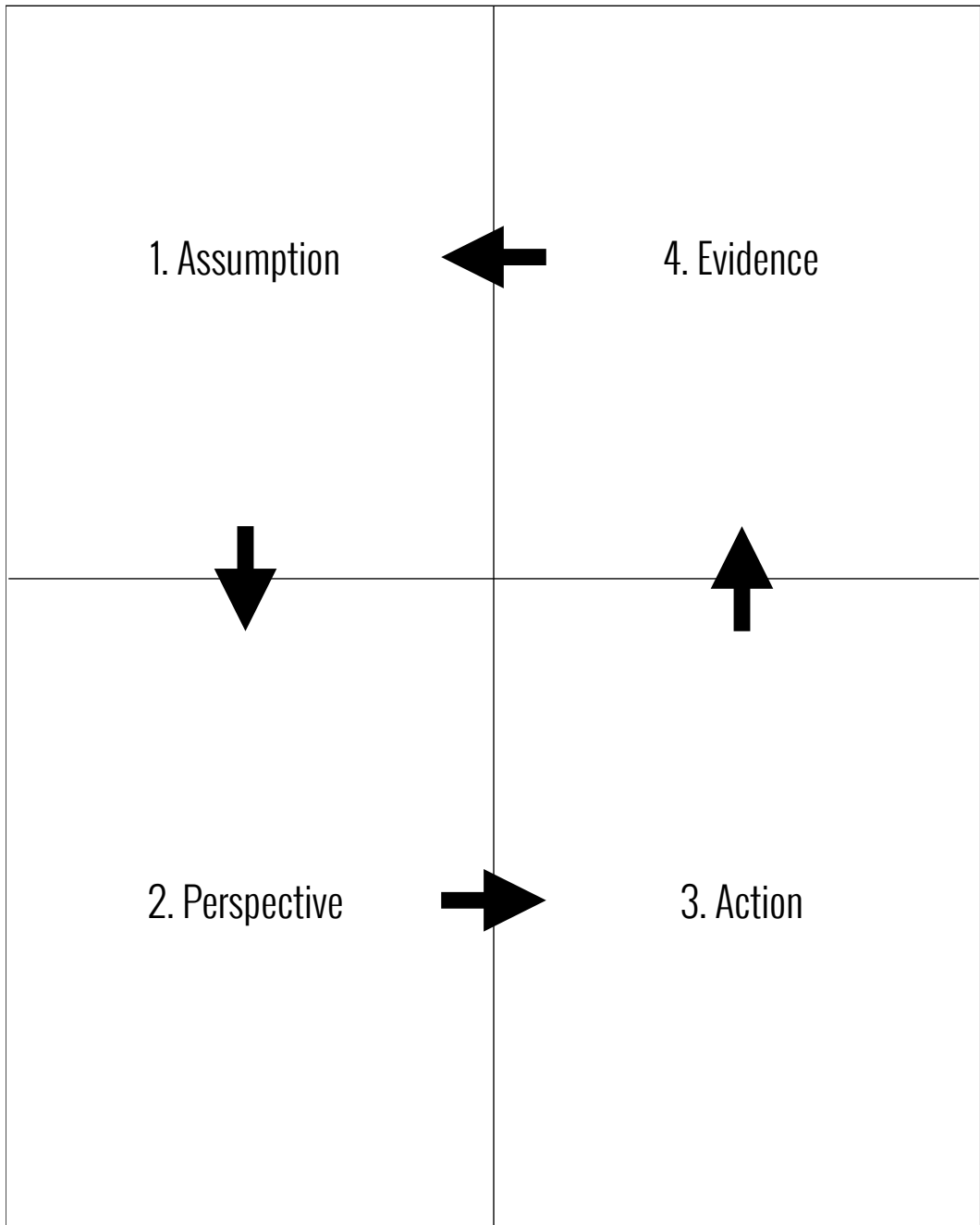
Why

Recognition of negative cycles brings so much clarity that it leads to useful insights for you to take different actions and engage in a different kind of self-talk.

How

Start with the Negative Assumption chart. Get really down in the dumps. Your coach will help you explore the negative cycle, as well as come back up for air to then explore your empowering Positive Assumption cycle.



Positive Assumption

Reframe

When you feel like you need a quick reminder to switch up your perspective and see the situation anew, the Reframe exercise is for you.

What

A simple two-part exercise: the first part explores your current perspective—or frame—and its influence on how you are viewing the situation. The second looks at reframing the situation: creating a new perspective and seeing the situation from a different point of view.

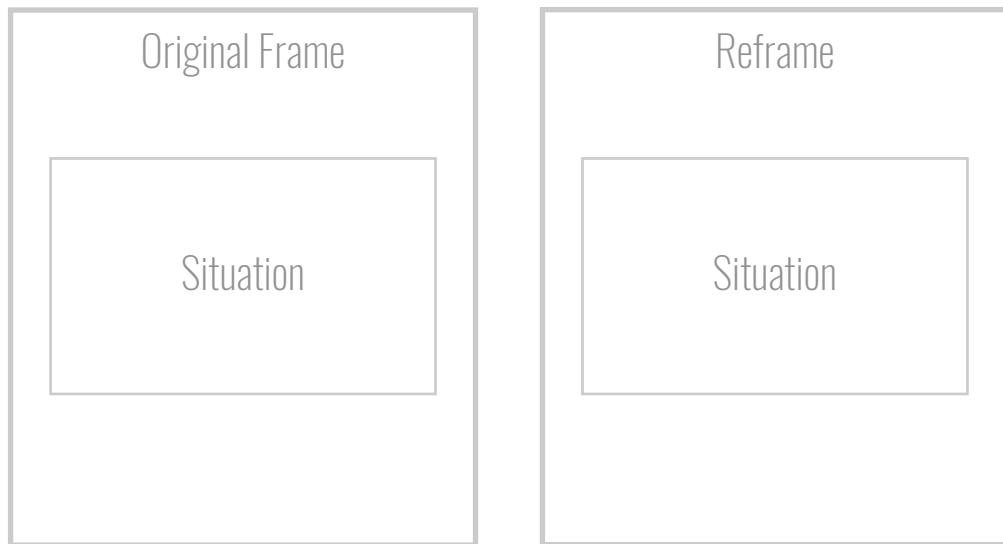
Why

Sometimes a new perspective makes all the difference in how you perceive, feel, and act in the face of a challenge.

How

Your coach will help you explore your current frame and perspective, then reframe to create insights and generate an action plan.

Reframe



Perspective

Sometimes a small shift in perspective can make all the difference. Perspective is one of life coaching's core exercises, and echoes of the concept run through many of the other exercises.

What

Perspective is an exercise designed to lead you through exploring your starting perspective, a handful of other perspectives, and action steps based on your most empowered perspective.

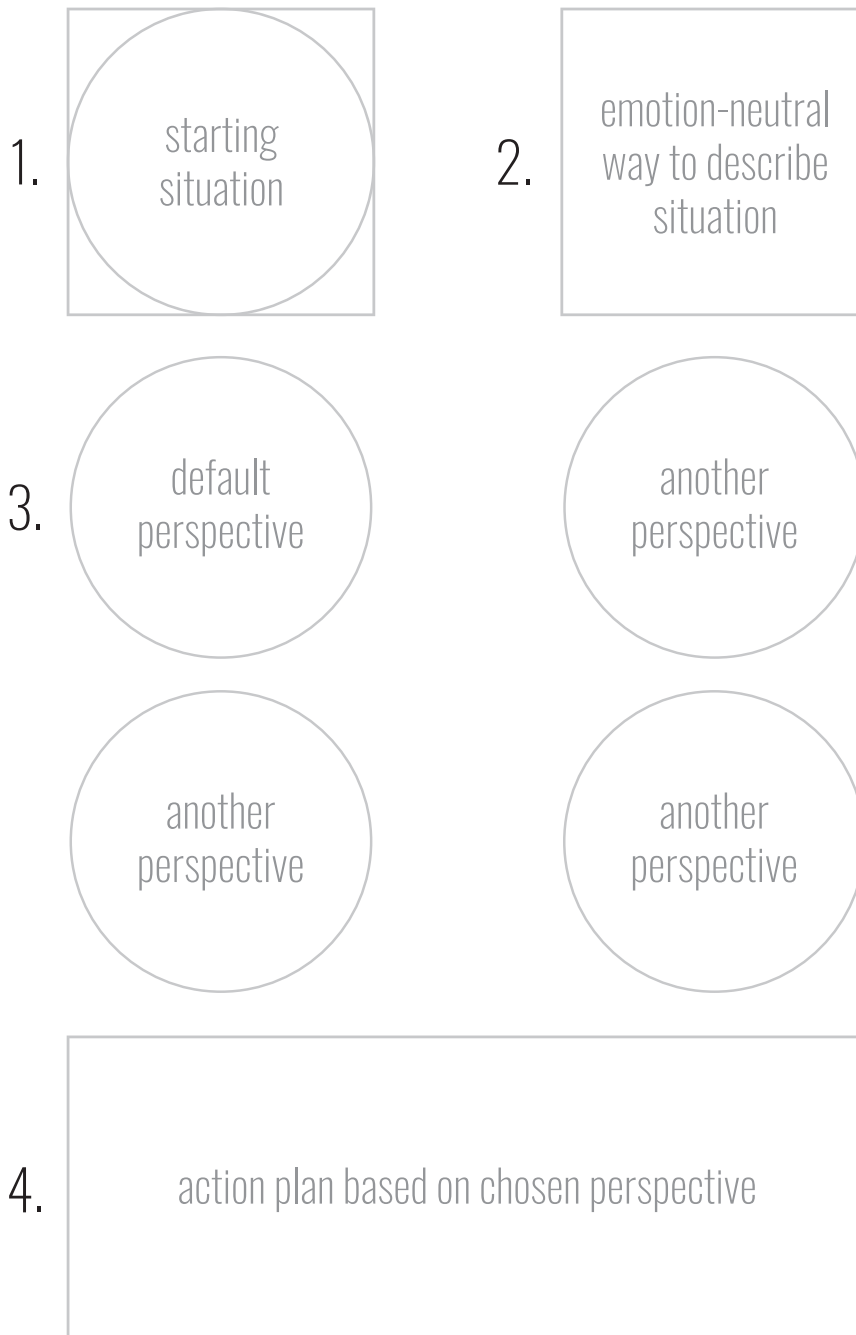
Why

Perspectives have a big impact on the quality of the action you take. A dire perspective leads to hasty action. A playful perspective leads to more energetic action. An empowering perspective leads to empowered action. Perspectives are ingrained in how you see the world. By consciously designing your perspective, you are determining which perspective you want to operate from.

How

Your coach will help you start with a default perspective, create an emotionally neutral way to describe the situation, and then explore a handful of other perspectives. After you've determined which perspective you want to use, you'll have a chance to design your action steps for the next week or two.

Perspectives



Mission Statement

What

The first circle is what your heart yearns for: what are you called to do? The second circle is what your community or what the world is yearning for: what does the world need? What service is the world asking for? The intersection of these two desires is where your leadership thrives.

A Mission Statement is a short, crisp statement that describes what you want to achieve, as well as the purpose and meaning behind the statement. It's an expression of the intersection of your passion, the need you see in the world, and the calling you feel in your heart.

Why

Creating a Mission Statement takes creativity, imagination, and work. The effort to create a Mission Statement delivers as much benefit as having one to guide future actions.

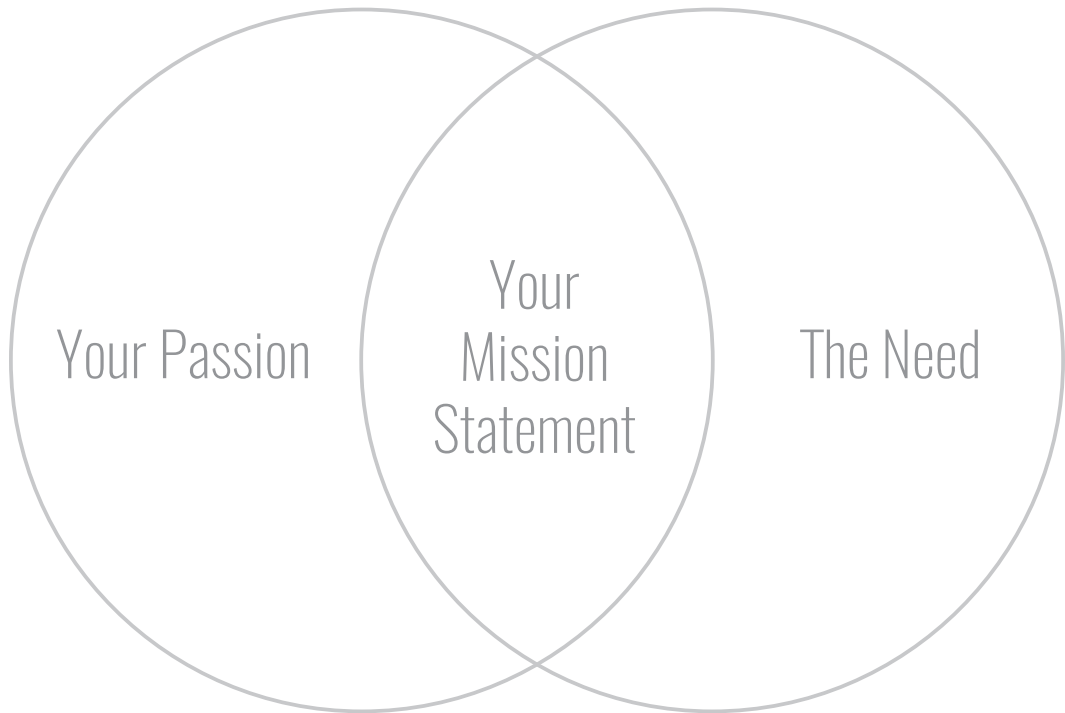
A Mission Statement gains power when it aligns with both a passion and a need in the world. It's at the intersection of passion and need that magic happens.

How

Start with what you're passionate about. What do you feel fired up to achieve?

What is your heart calling you to do? Then move to what is needed in the world. Your coach will guide you through the process of exploring each area, as well as the intersection between the two.

Mission Statement



Vision Recording

When you want to supercharge your motivation, creating a Vision Recording is the perfect exercise. You gain as much benefit from creating the recording as you do from listening to it over the weeks and months to come.

What

Simple, powerful, and elegant, a Vision Recording is a 2 to 5 minute recording of you painting a picture of what your life will be like at some point in the future. Add music to the background of your recording, and you add a powerful tool to your motivational tool belt.

Why

Your Vision Recording reminds you of an outcome you are striving for, to make it easier to tap into proactive motivation (instead of reactive motivation). Your recording can be used to remind you of the actions you want to take or habits you want to build. It works because it is easy to press the “play” button, sit back, and soak in the positive energy from your recording.

How

Your coach will guide you through what goals you have for the next three months; the actions and habits that you will need to take and develop to get there; and what you will see, hear, and feel once you step into that reality.

Your coach will also help you put together a plan to make your recording. Most people use Garage Band or a similar app to lay a voice track over a song.