



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

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

Step One: Create My Wellness Vision:

- Be specific and positive

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.

What I want to do more consistently:

Examples: Exercise; meditate; eat more vegetables

I expect this change to have the following impact:

Examples: Increase my energy and stamina; feel more relaxed

This matters to me because:

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

Step Two: Change My Thoughts

- Deciphering my thoughts—determine fact from fiction
- Changing my inaccurate thinking that's holding me back

Negative thought that interferes with reaching my health and wellness goals:

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

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.

Step Three: Make an Action Plan

- Define my goals

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

Example: I will walk 10 minutes five days this week, Mon-Fri, at 10:00 a.m.

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.

Confidence level: _____

Date I will set my three-month goal: _____

My three-month goal:

Example: I will walk 30 minutes five days per week, Mon-Fri, at 10:00 a.m.

Confidence level: _____

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

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.

As far as my progress is concerned, I feel:

Examples: Hopeful, frustrated, proud, mad

I experienced the following challenges:

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

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 “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
