

WELCOME TO

MODULE ONE


Overview of Program





Overview

OF THE PROGRAM

- 90 day program
 - A new module each week
 - We'll be working together to achieve your health & wellness goals!
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Hella

MY APPROACH

I believe that wellness is a **holistic concept**.

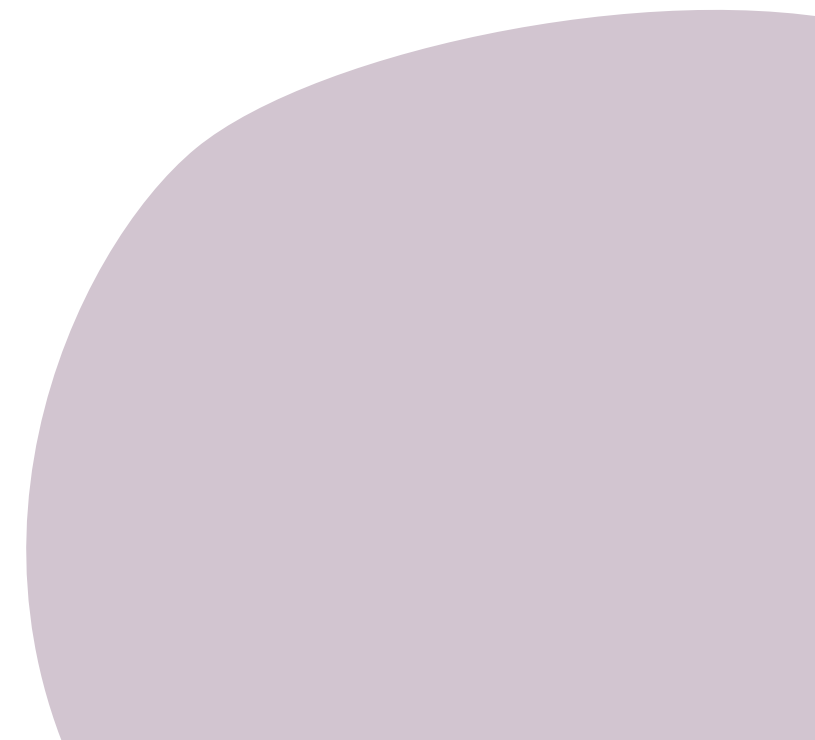
Through this program, we'll be working on all elements of your wellbeing (inside and out!) including stress, happiness, nutrition, sleep, movement, life purpose ... and **so much more!**

I'm here to **guide** and **support** you toward living your happiest & healthiest life

WHAT WE'LL WORK ON

Together

- Assessment & goal-setting
- Nutrition fundamentals
- Stress
- Hormones & metabolism**
- Body image & weight loss***
- Food & mood**
- Sleep
- Movement
- Self-care
- Relationships
- Happiness & purpose



JOURNALING

Journaling is a great way to learn about yourself. Seeing things on paper is a little different than just thinking about them.

Reviewing your day and your thoughts can be a powerful tool for self-awareness and personal growth.

We'll be using journaling throughout this coaching program.

Begin

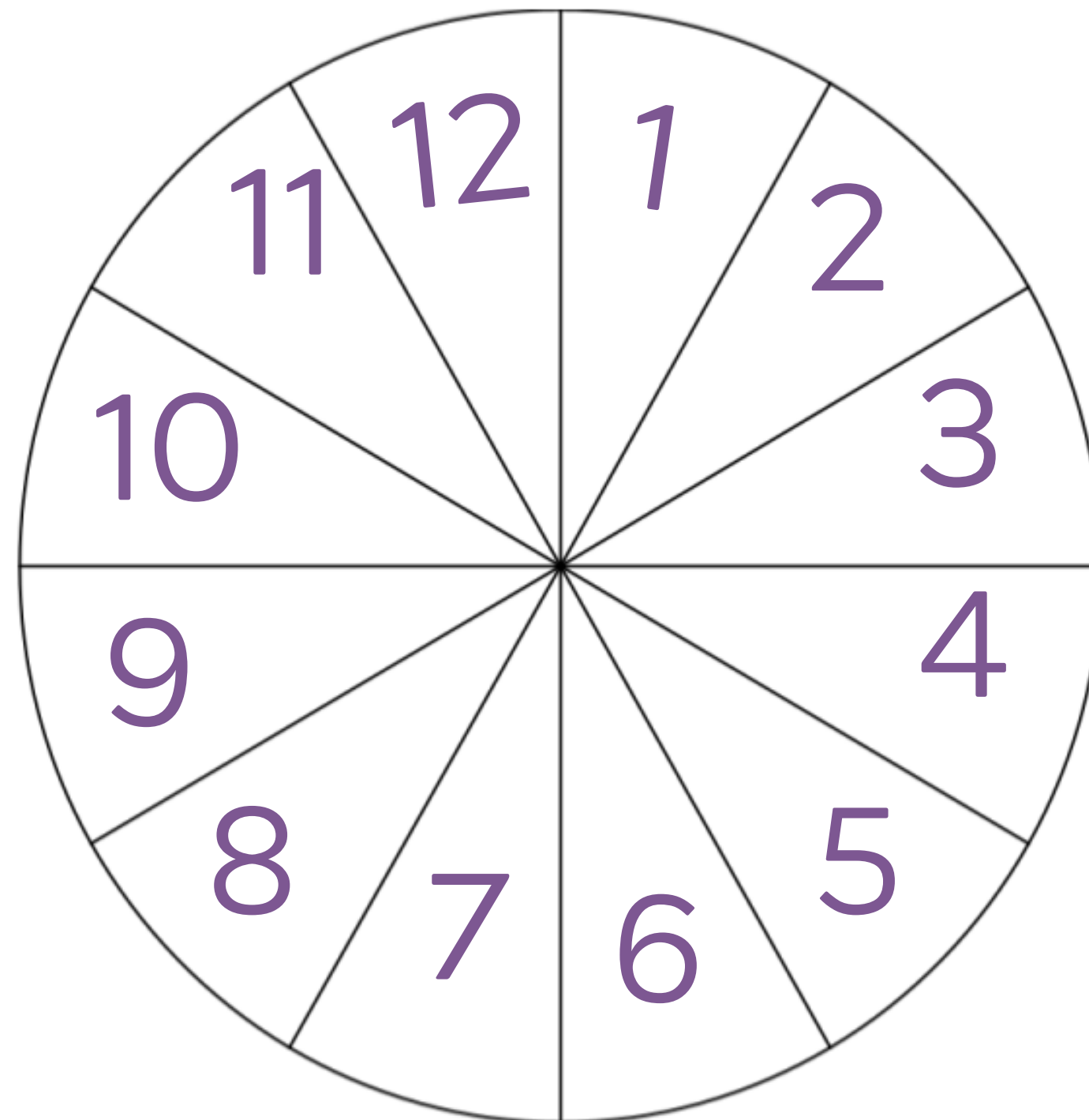
your journaling practice now using the workbook for this module!



THE WHEEL OF *Wellness*

THE 12 DIMENSIONS ON THE WHEEL OF WELLNESS

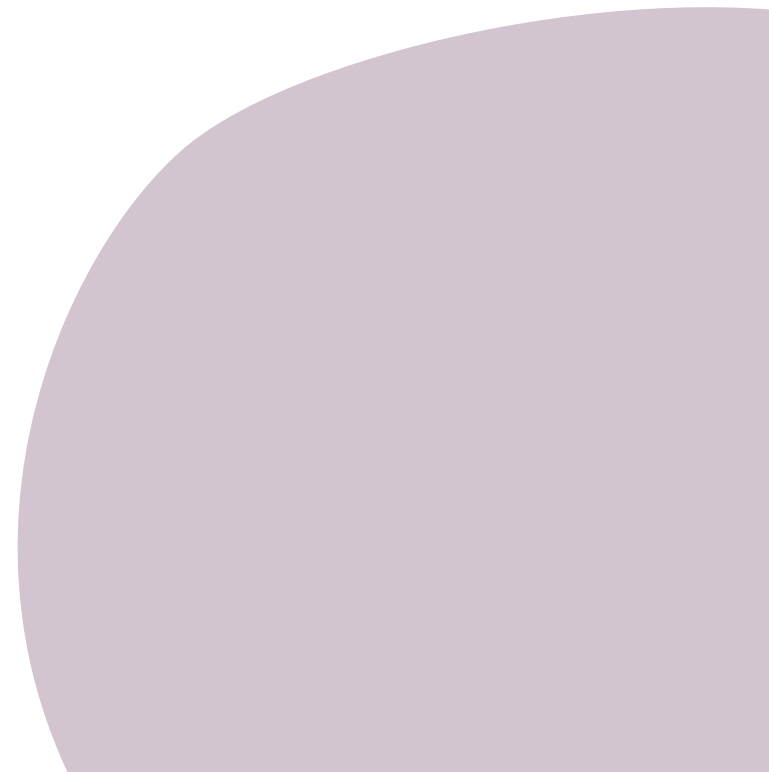
- 7. Personal Growth
- 8. Fun & Recreation
- 9. Physical Activity
- 10. Spirituality
- 11. Home Environment
- 12. Rest & Relaxation



- 1. Career
- 2. Money
- 3. Health & Wellbeing
- 4. Romantic Relationships
- 5. Family Relationships
- 6. Friendships & Social Life

INSTRUCTIONS

1. Print out the Wheel of Wellness (find a copy inside the workbook).
2. Rank your level of satisfaction in each of the 12 areas of your life out of 10 (10 is optimally fulfilled)
3. Place a dot on the line marking how satisfied you are with each component of your life.
4. Connect the dots to see your Wheel of Wellness. This forms a new outside perimeter for your circle.



THE WHEEL OF WELLNESS:

Questions for Reflection

- What was it like to do this exercise, and how did it make you feel?
- When you look at your wheel what do you notice?
- Are there areas calling to be nourished?
- Which areas of your life are you willing to address now, soon, later?
- What are the three main areas that you would most like to see a positive shift in over the next 90-days?





Setting Goals

“It is the set of the sails, not the direction of the wind that determines which way we will go.”

JIM ROHN



GIVE YOUR GOAL THESE CHARACTERISTICS AND YOU'LL BE ON YOUR WAY TO SUCCESS:

1. **Specific** - Let's get specific with those goals!
2. **Time-bound** - If your goal will take longer than 12 weeks to achieve, break it into smaller goals!
3. **Possible** - Start with a goal achievable enough that you believe it can be done within the timeframe you've set.
4. **Measurable** - If you can't measure it, how will you know if you've achieved it? How will you know if you're making progress?
5. **Reviewed regularly** - One of the most effective ways to prioritize your goals is to review them regularly – and I suggest daily!



Homework

FOR THIS WEEK:

- ✓ Start your journaling practice
- ✓ Complete the wheel of wellness
- ✓ Use the workbook to set your goals

