

Health Coaching Questions: Scanning for Good:

Was it really a bad day or was it a bad five minutes that you milked all day?

1. What made you smile / Laugh / Warmed your heart this last week?
(Think small)
2. Who do you want to compliment?
And how do you want to compliment yourself?
3. What are you grateful for right now?

Session 2 Review:

1. ACCOUNTABILITY PARTNERS:
2. TOOL BOX:
Developing your own list
3. LABELS:
Labels can serve us or they can set us back.
4. SELF TALK:
Talk to ourselves like a friend. THINK
5. PROCESSED FOODS:
What is one process food / drink that you are ready to make changes around?
6. EXPERIMENTS VS GOALS
7. SMART

THINK

BEFORE YOU SPEAK

T is it **TRUE?**

H is it **HELPFUL?**

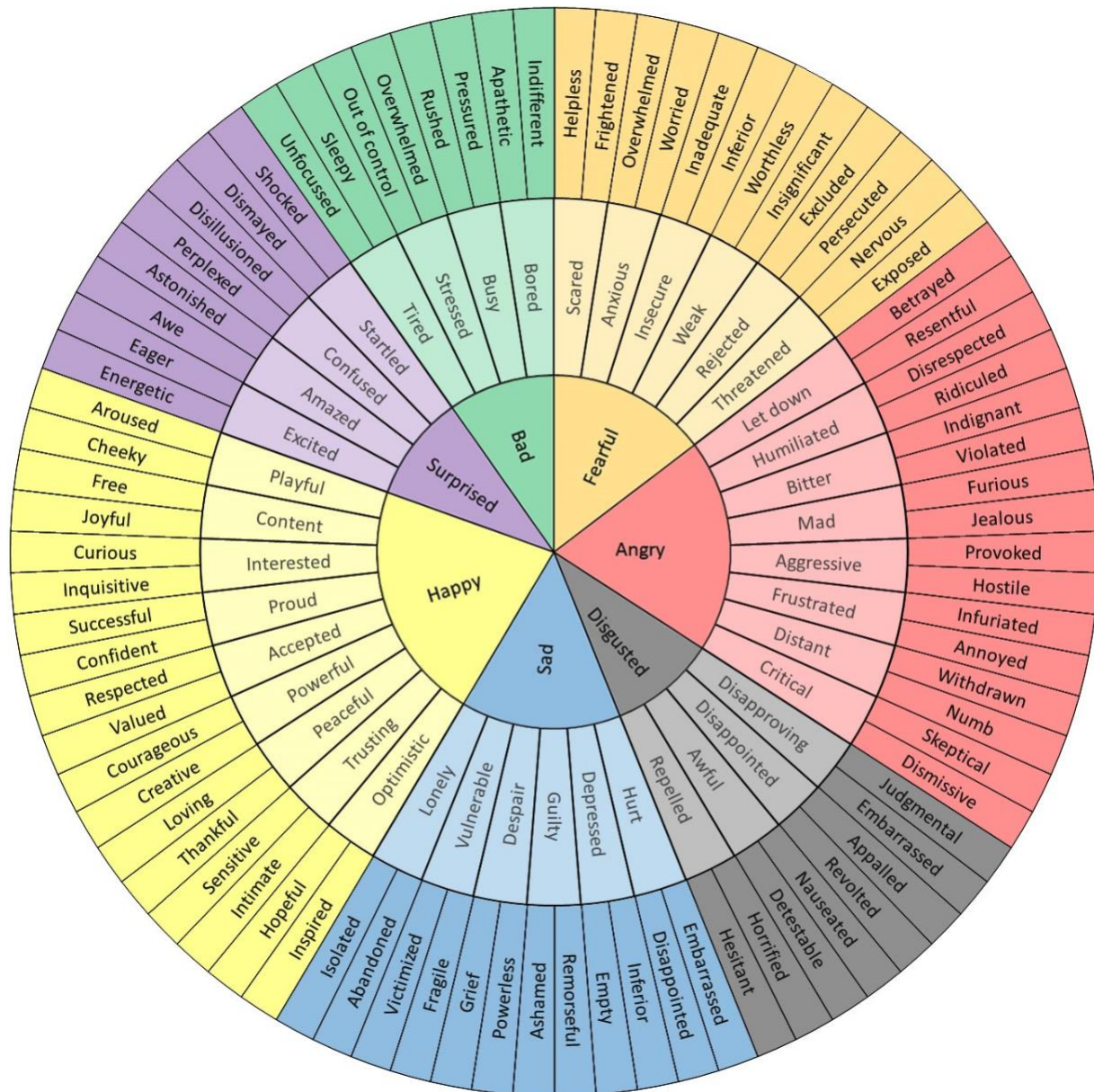
I is it **INSPIRING?**

N is it **NECESSARY?**

K is it **KIND?**

CHECK-IN

1. What was your goal / experiment?
2. What went well?
3. What helped make it go well? How did you remember?
4. How did that make you feel?
5. What was the full experience?
6. What got in the way? What is your learning?
7. Re-design of experiment / goal vs Tools to help overcome.



TOOLS / STRATEGIES:

INTENTIONS:

- I will statements

AFFIRMATIONS:

- I am statements

I can do hard things. (make a list of hard things you've done in your life = Evidence)

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PICKING YOUR HARD:

Marriage is hard. Divorce is hard. Choose your hard.

Obesity is hard. Being fit is hard. Choose your hard.
















Being in debt is hard. Being financially disciplined is hard. Choose your hard.

Communication is hard. Not communicating is hard. Choose your hard.








Life will never be easy. It will always be hard.
But we can choose our hard. Pick wisely.

PROTEIN Upgrades:










PROTEIN

		
Eggs and egg whites	Fish	Shellfish
		
Chicken	Duck breast and thighs	Turkey
		
Lean beef	Bison	Lamb
		
Pork	Wild game	Other meats goat, camel, kangaroo, crocodile, horse
		
Plain Greek yogurt	Cultured cottage cheese	Tempeh

PROTEIN

	
Uncultured cottage cheese	Medium-lean meats
	
Tofu	Edamame
	
Canadian bacon	Meat jerky
	
Poultry sausage	Minimally processed lean deli meat
	
Protein powders	

PROTEIN

	
Fried meats	Chicken fingers, nuggets, and wings
	
High fat ground meat	High-fat sausages
	
Processed soy	Processed deli meats
	
Protein bars	Pepperoni sticks
	
High-mercury fish	



Animal Products

- Quality vs quantity and how the product was sourced
- Eggs
- Fish
- Beef
- Chicken
- Dairy



Plant Based Protein options

- Tempeh
- Tofu
- Frozen peas
- Nuts, nut butters
- Seeds
- Beans, lentils
- Wholegrains
- Edamame



- Beyond Burgers & Impossible Burgers....

What is one CHANGE around protein or processed foods you want to make?

SMART

S = Specific	(I will not eat any foods I couldn't make myself)
M = Measurable	(I'll do this 7 days a week)
A = Attainable	(I'll do this 5 days a week: Mon-Fri)
R = Relevant	(This is important to me because: your why)
T = Timely	(I will start Nov 6 th)

Are you ready?

What is your Why?

What could get in the way?

What prep do you need to do?

What resources / support do you need?