

**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)

# \_\_\_\_\_’s Guide to Clean Eating and Drinking

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10.

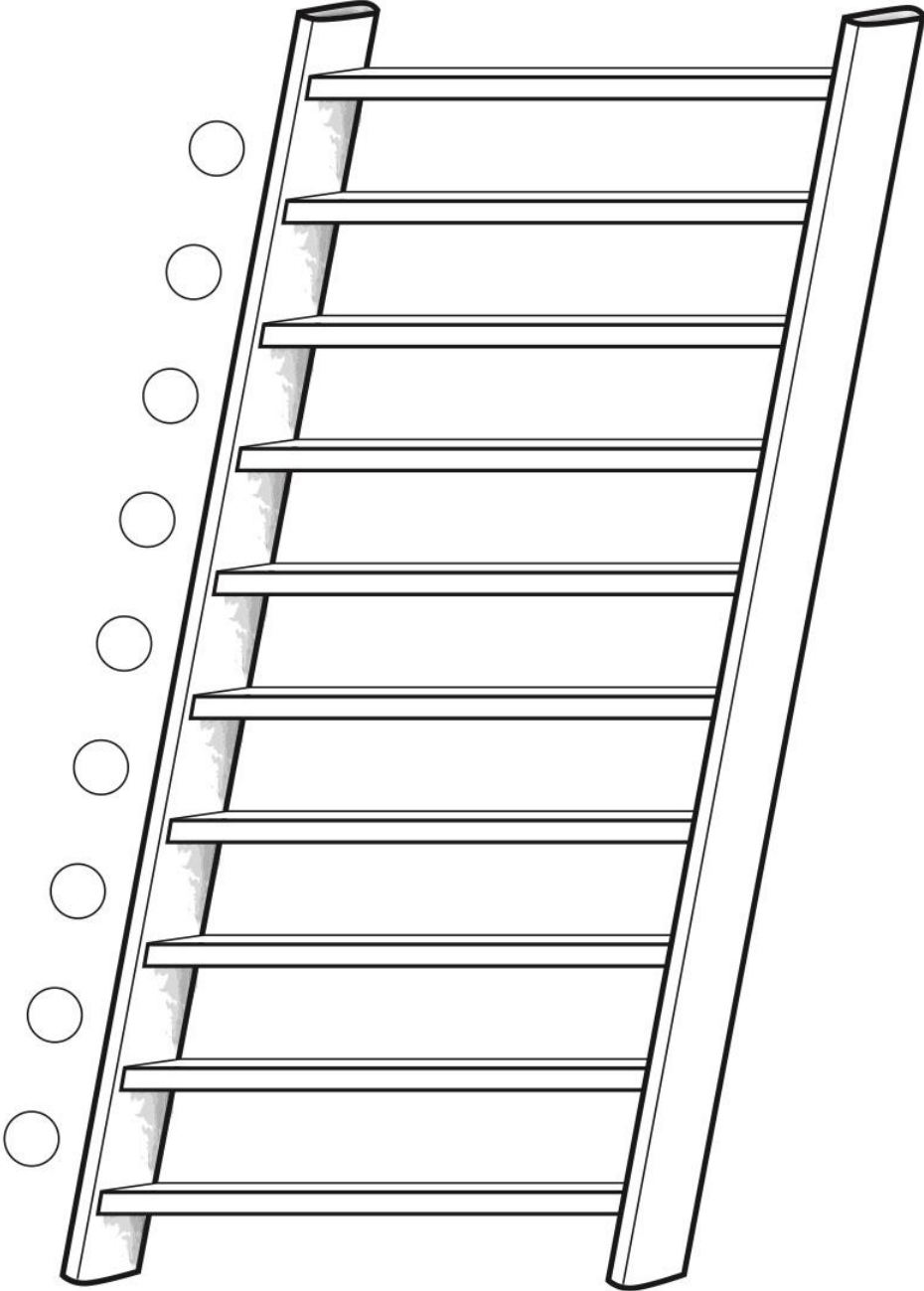
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[Recording to workshop....>>>](#) to give you ideas on guidelines / upgrades.

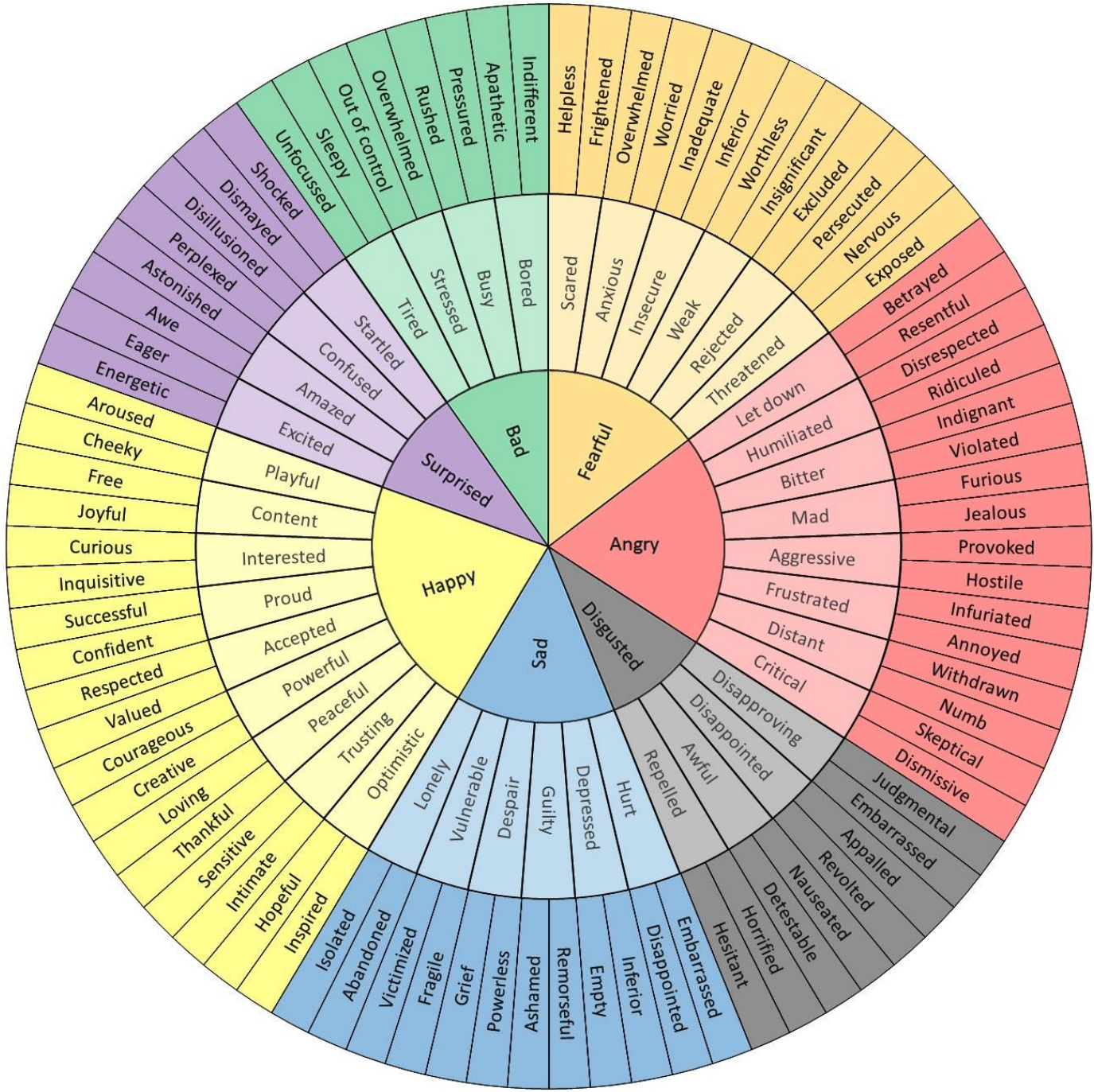
**What is your Goal / Vision? In 13-sessions / by March 21<sup>st</sup> 2024:**

I will be consistently.....

And I am feeling....



Today's Date:



**What is your WHY?** Why is it important for you to make changes around eating and drinking?

Keep asking why to peel back the layers.

**How can you keep this why in front of you?**

**How ready are you?**

How much of a priority is this for you (1-10)? Assessing readiness. 1 is low, 10 is Hi, we want to see at least a 7 for commitment. Decisional balance exercise:

Cons for Staying the Same	Pros of Staying the Same
Cons for making the changes	Pros for making the changes

**What are your strengths?**

[VIA Signature Strengths Survey...>>>](#)