

## **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?

## Session 1 Review:

1. GUIDELINES:  
Nutrition and hydration guidelines
2. BIG GOAL:  
Step Ladder approach to attaining a big goal / vision.
3. WHY:  
What's your why? Why do you want to make the changes  
How can you keep this in front of you
4. READINESS:  
How ready are you on a scale of 1-10: Decisional balance exercise.
5. STRENGTHS:  
What are your strengths.

**TOOL BOX of STRATEGIES**

TOOL	WHEN
1. Keeping your why in front of you	Motivation, inspiration, staying present / focused
2. Step ladder approach	When overwhelmed, feeling stuck, unsure how to move forward
3. Making appointments with self (phone)	When not showing up for self. Not making it a priority, don't have time
4. Leverage Strengths	Strategies don't seem to be working. Getting down on self.
5. Mood Boosters: Scanning for good	Spiraling down. Losing hope.
6. Self-Talk	Keep getting in our own way

## Self-Talk:

### TOOL: Labels

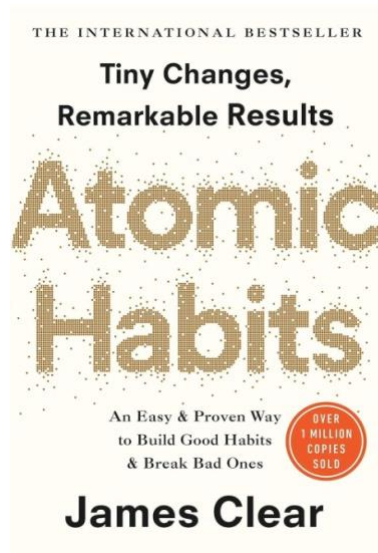
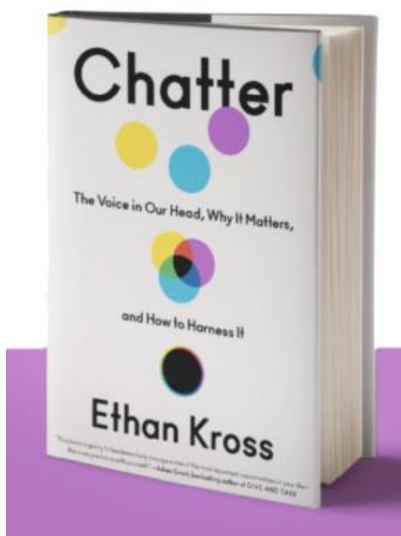
Step 1: Notice the label

Step 2: To not beat ourselves up, but to just notice and be curious.

Step 3: Come up with who you want to be. What's your new label?

### TOOL: Positive Self-talk / Chatter

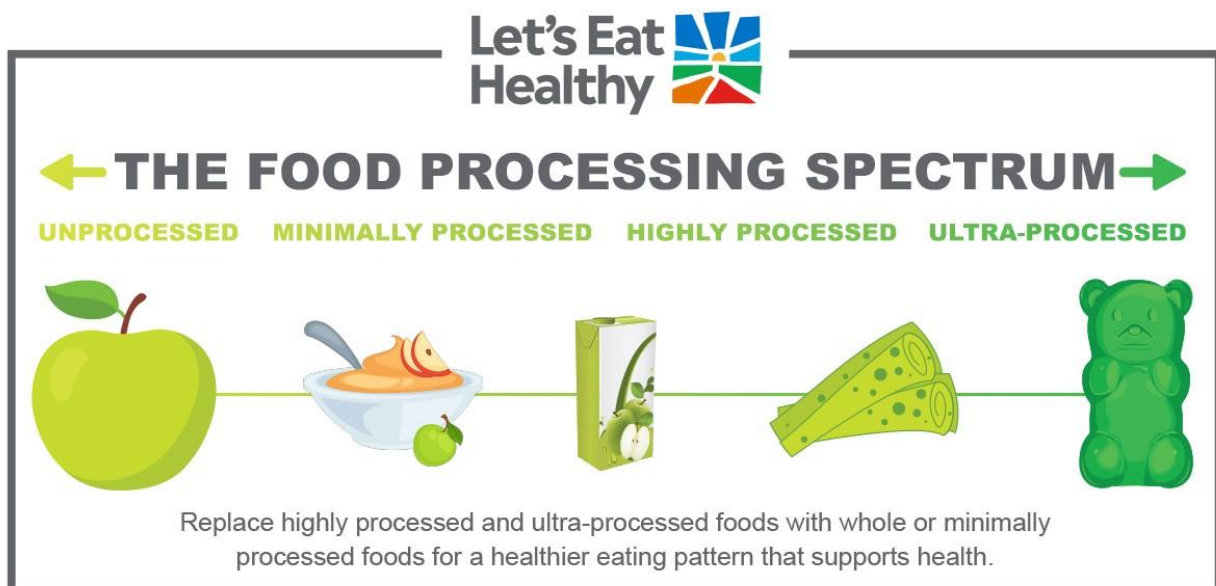
- Is this thought useful right now? Is it true? What do I know to be true?
- Stop / Rewind / Record
- Third person: use your name. Pep talk to a friend.
- Spiraling down: creating order in the environment / space



## Processed Foods:

### How do you want to define processed foods?

- Foods that have more than one ingredient.
- Foods that come in boxes and packages
- Any food that is changed from its natural state.
- “If it’s wrapped in plastic and has more than 1 ingredient that you can’t find in your kitchen, it’s UPF” Chris van Tulleken
- Can I make it myself with ingredients found in my kitchen?



### What are you OK with? What are you not OK with?

- No to little added sugar (educating yourself what are sugars?)
- No preservatives (salt, (benzoic) acid, calcium sorbate, potassium nitrate)
- No stabilizers / emulsifiers (mono glycerides, diglycerides, soy lecithin, guar gum, carrageenan)
- No additives (added to preserve or enhance such as MSG Monosodium Glutamate, food colorings)
- No industrial oils or hydrogenated oils, trans fats.

## What is one highly processed food (or drink) that you are currently eating regularly that you'd like to cut out?

### What's the best way to cut it out?

1. Finding the Better Options.
  - Read ingredient labels
  - Take your reading glasses to the grocery store
2. Finding alternatives:
  - Eat this ..... Not that .....

## Experiments vs Goals

EXPERIMENTS: No failing, only learning.

GOALS: SMART

“Eating less processed foods”

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 <sup>th</sup> )

What could get in the way?

What prep do you need to do?

What resources / support do you need?