

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?
4. Reflect on a positive interaction with another person.
5. What inspired you this week?

Session 4 Review:

1. TOOL BOX: Support
What does support look like for you?
Inner circle support vs bigger circle support
Accountability: What does this look like for you?
Setting boundaries.
2. TOOL BOX: Journaling
 - Reflection vs prompts
3. TOOL BOX: Self Check-ins
4. CARBS:
 - Refined carbs
 - Sugar (managing blood glucose levels)
 - Sugar substitutes (artificial sweeteners)
 - Natural sweeteners
5. ADDITIVES
 - added to food to preserve, enhance flavor, appearance / texture.
6. RECIPE RESOURCES
7. GOAL: Created a goal / experiment for the week.

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? (Feelings Wheel)
5. What was the full experience?
6. What got in the way? What is your learning?
7. Re-design of experiment goal OR
Tools to help overcome OR
New next step on the ladder.

TOOLS / STRATEGIES:

Lack will power / motivation? FIND A CHALLENGE:

- When was the last time you did something for the first time?
- Challenge yourself physically, mentally / intellectually, emotionally, creatively, etc.
- Being comfortable with being uncomfortable builds resiliency to stress. But it also helps build will power...
- Dr. Andrew Huberman: 'Micro-sucks' built into the day builds will power.

HABIT TRACKING:

- Having success with small steps feeds motivation
- It keeps us going back to work on the habit
- Tracking: Dopamine hit / feeling accomplished so keep going back for more.
- APP: Habit Tracker
- Closing the circles
- Paper version

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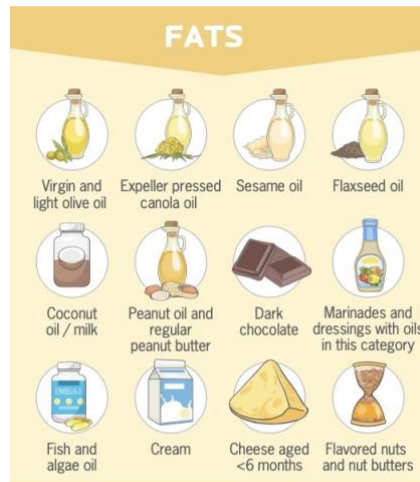
Fats:

- Saturated
- Unsaturated
- Mono and poly unsaturated
- Omega 3
- Trans fats

To learn more from Dr. Chris Kresser [Healthy Fats what you need to know](#)
[...>>>](#)

What do we know?

- We need fats to survive and thrive.
- Work with your doctor to see how your body is doing with your current way of eating. Make changes accordingly.
- Saturated fats are generally thought to be linked to increased risk of heart disease. This includes animal saturated fats (meat and dairy).
- Highly processed plant fats such as palm oil, canola oil, increase our risk
- Trans fats (found in hydrogenated vegetable oil) are considered not healthy.
- Naturally occurring plant-based fats (nuts seeds avocado) are considered healthy and may decrease our risk.



Industrial Oils



- Industrial oils highly processed and high in Omega 6.

Safflower, Canola, Cottonseed, Vegetable, Soy bean oil, Sunflower.

- Omega 6 and Omega 3 (4:1 ratio is ideal. SAD = 40:1)

What changes are you interested in experimenting with around fats?

QUESTIONS:

Mediterranean Diet is considered a heart healthy diet.

The Mediterranean diet is a way of eating based on the traditional cuisine of countries bordering the Mediterranean Sea. There's no single definition for the diet. But most often, it's high in:

- Vegetables.
- Fruits.
- Whole grains.
- Beans.
- Nuts and seeds.
- Olive oil.
- Seasoning with herbs and spices.

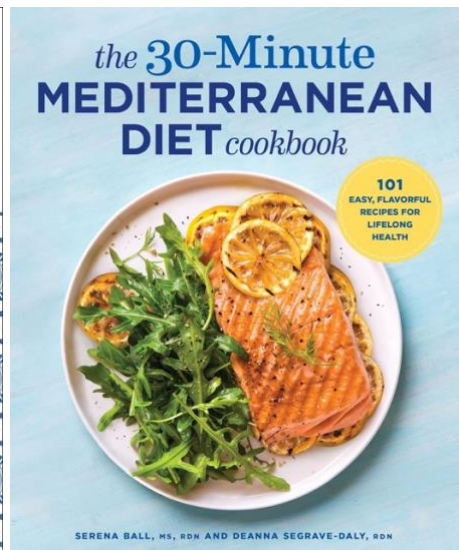
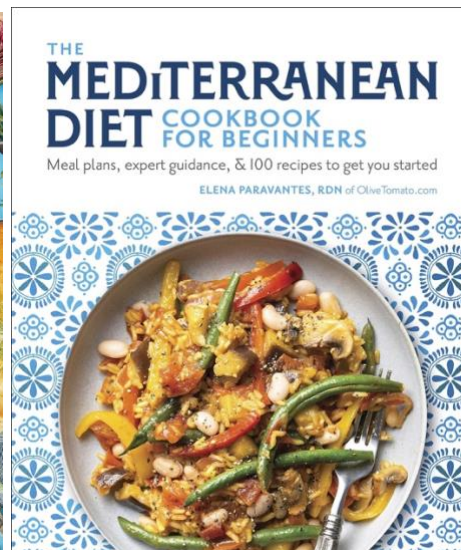
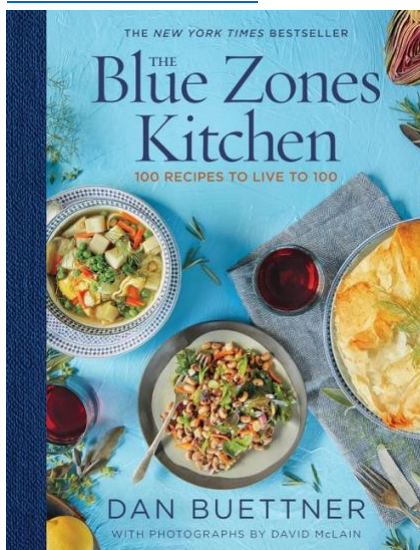
The main steps to follow the diet include:

- Each day, eat vegetables, fruits, whole grains and plant-based fats.
- Each week, have fish, poultry, beans, legumes and eggs.
- Enjoy moderate portions of dairy products.
- Limit how much red meat you eat.
- Limit how many foods with added sugar you eat.

Some other elements of the Mediterranean diet are to:

- Social: Share meals with family and friends.
- Get regular exercise.
- Enjoy wine in moderation if you drink alcohol.

[More info...>>>](#)



QUESTIONS:

Calorie Counting: Should we be tracking what we eat?

- Good vs bad

BOOK:

Power Plates by Gena Hamshaw [Amazon link...>>>](#)



WEBSITE:

Recipe ideas: [Cookie and Kate>>>](#)

RECIPE:

[Black Bean and walnut Meatballs](#)

Peanut Butter Oatmeal Bars: [From Amy MD Wellness](#)



Ingredients:

1 cup natural peanut butter
½ cup monk fruit
4 cups rolled oats
Pinch of sea salt
½ tbsp of cinnamon
A few pieces of 70% or higher dark chocolate

Directions:

Mix peanut butter, monk fruit, oats, salt and cinnamon in a bowl. Once that is done, add a sheet of parchment paper to a pan and place the mixture on it. Freeze the mixture for ten minutes and use parchment paper to lift it out of the pan. Just add dark chocolate on top and cut the frozen mixture into 20 rectangles. It's ready!

Benefits:

Peanut butter is rich in protein and magnesium, while cinnamon helps to stabilize blood sugar levels and, along with dark chocolate is rich in antioxidants.

What is one CHANGE around Fat 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?