

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?
6. How did you challenge yourself this week?
7. What fills your cup? What gives you energy? What keeps you grounded?
8. What are you looking forward to? Something big and something small.
9. Who do you want to give kudos to? Who do you want to compliment?
10. How do you water your relationships with your close friends, co-workers, neighbors, and family members?
11. Who is a role model / mentor / inspiration for you? Who do you admire and look up to in the wellness / health space?
12. What are your super powers? What are you good at? What are your strengths, skills, and unique abilities?
13. What brings out the best in you?

Session 12 Review:

1. CHECK-IN

2. TOOL BOX:

- Recognizing why we eat to help us understand how to make changes.
- Making changes: start small
- Not labeling foods good or bad.
- Focusing on Progression not perfection

3. INFORMATION:

- Inflammation
- Most can be controlled by managing stress, eating clean, getting quality sleep, and making sure we have a health gut microbiome.
- Gut health: variety of veggies, fiber.
- Blood sugar regulation

4. QUESTIONS:

- meal upgrades. How to boost the nutritional value of a meal.
- Food safety: left overs

5. RECIPE RESOURCES

Book, Website, and Recipe.

6. Created a goal / experiment for the week.

CHECK-IN

1. What was your goal / experiment?
2. What went well? Focus on the positive first.
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 with the experiment?
Did somethings not go as well?
6. Did anything get 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:

1. What is your why? (Session 7 we talked about our values. This can tie in nicely with our why).

Are you ready to commit? (Session 1 assessing readiness)

2. What are your goals with the change? (Plan for success: Gather your information to create your own guidelines that make sense for you)

3. What is the first small step you can work on? (SMART Goals or experiments: (Session 2) Attainable, let go of perfection: Session 6).
What is the second small step? (The step ladder approach Session 1)

4. Habit tracking (so we can see and acknowledge the small successes: Session 5)

5. What will help you overcome challenges? (tools / strategies)

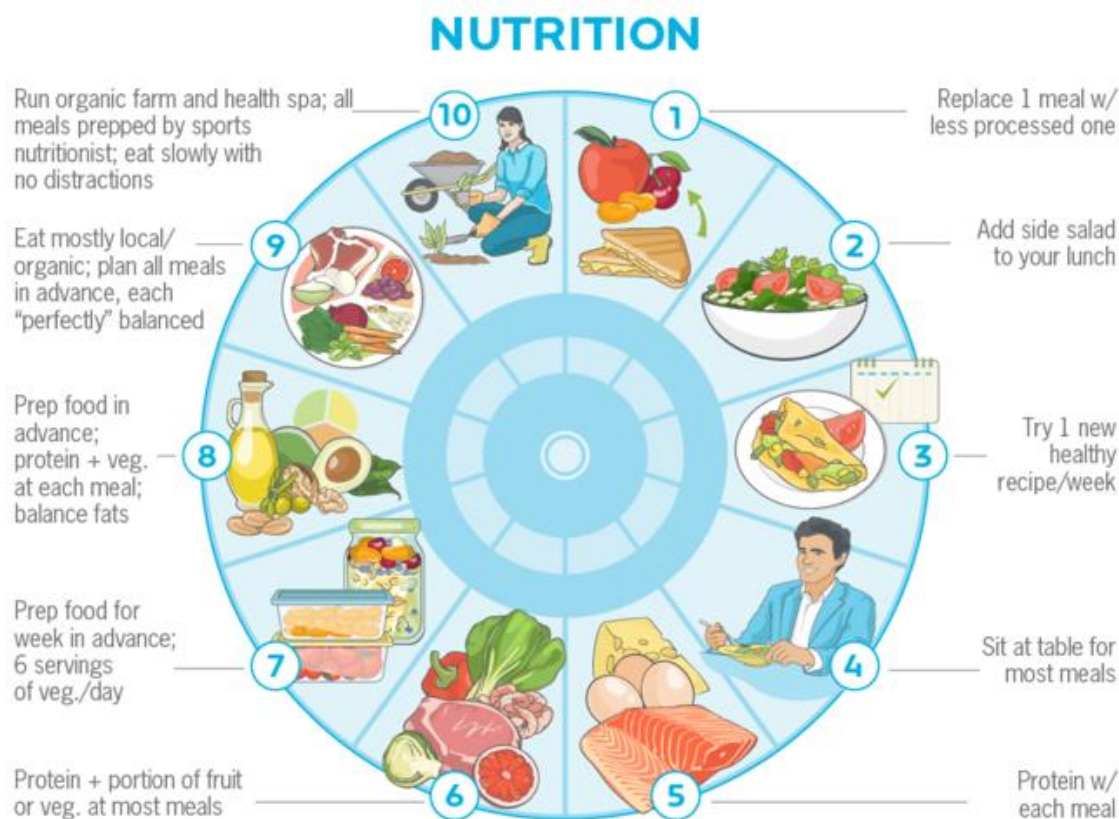
- Self-Talk and labels (Session 2) / Affirmations and Intentions (Session 3)
- Having weekly / bi-weekly self-check-ins (Session 4)
- Cleaning out the pantry / fridge (Session 11).
- Focusing on what experience / resources / skills / strengths can you draw upon? (Strengths: Session 1)
- Understanding what does support look like for you? (Session 4)
- Understanding what can get in your way?
- Training optimism, self-confidence, positivity (Sessions 2, 3 & 9)
- Meal planning / make an appt with self (Session 8)
- Food shopping – buying what you need. Having resources on hand.
- Meal prepping – finding what works for you. Cooking / freezing. Cooking every other day. Chopping. (Session 9)
- Sharing the work load with family members. Helping with menu, shopping, prepping, the clean-up.

What small win / victory did you have this last month? How do you recognize your wins? How do you celebrate?

- Pause to reflect: Introspective thoughts, writing in a journal, or deep conversation.
- Celebrate:
 - o recognizing your accomplishments by your inner dialog
 - o Share with others
 - o Reward

INFORMATION:

If you lose your way: remember to Start off small



Personal Review:

- **What are you proud of?**
- **What are you surprised by?**
- **What are you inspired by?**
- **What does the future look like for you?**
- **What's next?**
- **What is fueling you to keep moving forward?**

Overall Health and Wellness:

1. Environmental H & W
2. Creativity / Play / Fun / Laughter
3. Exercise / Movement
4. Sexual H & W
5. (Sun)light / Nature
6. Sleep / Recovery (Deep rest)
7. Connection / Relationships / Community
8. Stress regulation / Breath
9. Spiritual H & W / Grounding
10. Service / Volunteer
11. Nutrition / Hydration
12. Financial H & W
13. Longevity (fasting, cold plunges, saunas)
14. Oral Health
15. Gut Health
16. Purpose / Mission
17. Growth / Discomfort

QUESTIONS:

Food for energy not relying on caffeine:

- 1. Green tea / Macha instead of coffee**
- 2. Focus on slow burning carbs rather than fast burning carbs.**

What are Slow burning carbs:

- Veg
- Beans
- Lentils
- Berries (Low glycemic fruit)
- Sweet potatoes

Ideas:

- Lentil pate recipe / Curried Chickpea (recipes follow).
- Humus: veggie sticks.
- Sweet potato toast with almond butter
- Handful of nuts and blue berries.

What are fast burning carbs:

- Sugar
- Maple syrup, honey
- Sweets
- Cereal
- Juice
- Processed foods
- Refined breads, pastas, white rice and potatoes
- These absorb fast.
- Spike blood sugar.
- High in calories.
- Low in fiber.
- Increase storage of inflammatory fat.

- 3. Eat protein and fat with carbs so don't experience a crash.**

4. **Office / computer job: Take breaks to move. Don't multi task. Turn off distractions / notifications. Deep work by Cal Newport**
5. **Sleep quality and quantity.**
6. **Blood work to check if you're missing some vital nutrients / hormone levels.**

RESOURCES

BOOKS on Habits: [Atomic Habits...>>>](#) and [Tiny Habits...>>>](#)

WEBSITE: [CDC's guidelines...>>>](#)

RECIPES:

Lentil Pate

- 2 cups of cooked lentils (Trader Joes sells pre-cooked)
- 1 cup of chopped walnuts
- 2 Tbsp olive oil
- 1 Tbsp of chopped red onion
- 2 garlic gloves, minced
- 1 tsp thyme
- 1 Tbsp apple cider vinegar
- 2 tsp lemon juice
- 1/2 tsp salt
- 1 tbsp miso (yellow mellow)
- 1/4 tsp pepper

Pulse in a food processor until combined.

Chickpea “Egg” Salad

- 2 cans of chickpeas
- 3-4 Tbsp tahini
- 3-4 tbsp olive oil
- 2 tbsp water
- Juice and zest of one lemon
- 2 tbsp apple cider vinegar
- 1 tbsp curry powder
- 1 tsp turmeric
- ½ tsp salt and pepper
- 1/3 cup of chopped cilantro
- 3-4 chopped celery stalks
- ½ cup of cashew nuts

Mash the chickpeas with the first 8 ingredients. Then mix in the cilantro, celery and nuts.

Feedback

- **What worked?**
- **What didn't work for you?**
- **What changes do you recommend?**
- **Would you engage in a series focused on stress, exercise, or sleep?**
- **Future 1 hr. workshops vs a series of sessions?**