



Well Life Focus Tool

Name:

FOCUSING YOUR WELLNESS EFFORTS

Current Life Status: - Take inventory of your current health & wellness With your Well Life Vision in both your mind and heart take a deep breath, relax and ask yourself “*What is my life currently like and what would have to change for me to achieve my well life vision?*” Do not be discouraged or judgmental with yourself – just be honest.

Areas of Focus: Focus your effort. To move towards your well life vision what areas of your life will you focus on? For maximum success, prioritize no more than five areas and make those areas the ones you are most ready to address. Suggested lifestyle improvements from healthcare providers and results from wellness assessments or health risk assessments can also be listed. Explore these areas of your life and your readiness to make changes with your coach.

1. _____
2. _____
3. _____
4. _____
5. _____

Area of Focus 1 - To achieve my well life vision I want and am ready to focus on the following area. You may choose this area because feel most ready to work on this area or that you need it the most, or you might choose it because it is easy and you just want to have a successful start.

Focus area:

A. Desires: What do you want or how would you like it to be? In your own words state your desires for this area in your life. What are the short and long term outcomes desired. (example, *I want to regain my ideal weight over the next 6 months. example, I want to lose ten pounds over the next 3 months*)

B. Current Location: Where do you see yourself currently in this area of your life? Describe how this area of your life is currently. List whatever describes your present situation. (example, *I am 25 pounds heavier than before being pregnant*)

C. The Path: What do you need to do? What needs to change in your life for you to accomplish your desire for this area in your life? State the changes needed as specifically as you can. *(example, I want to improve my diet and increase daily activity)*

D. Committed Path: What are you making a commitment to do? Work with your coach to create realistic and attainable action steps that will move you towards the desired outcome for this focus area. Choose an initial step that is easy and doable and that will get you moving. Like a map, chart your course to your chosen change. Work with your coach to arrive at strategies that are challenging enough without being too much.

- Be specific
- Write down what you will do and by when
- Write down how you will communicate your progress to your coach

Action Steps	Indicators of Success	Completion	Check-in method
Step 1.			
Step 2.			
Step 3.			

E. Challenges: What are you up against? List what obstacles are in your way or what you believe could prevent you from reaching your desired destination. *(For example: when under a work deadline I tend to stop doing anything for myself)*

F. Strategies To Meet The Challenges: Ways to overcome the hurdles.

With your coach develop strategies that you can use to make adjustments in your life to overcome or get around things that hold you back from your committed course of action. *(example: when under a work deadline I will make my exercise session briefer, but not skip it.)*

G. Sources of Support - Who can share this journey with you or support your journey?

State specifically who or what your sources of support, encouragement, and accountability are as you follow this area of focus on your wellness map into new territory?