



## STEP 1

### EVALUATE YOUR CURRENT SITUATION, AND OUTLINE YOUR INTENTIONS.

- First, settle into a place of unconditional love and non-judgment.
- What led you to contact a Health Coach? Which area(s) of your life would you most like to improve?
- What's your definition of true health and wellness? Set one intention around health – how do you want to feel?
- Are you satisfied in your current relationships? How would it feel if things were different? Write down the most important component of your ideal relationship.
- Do you have a nurturing spiritual practice? How might your life change if you did? Write down one way spirituality could help you.
- Evaluate your career. Are you just going through the motions? Are you using your inherent skills, while also acquiring new ones? Are you excited to get out of bed every day? Write down one way you could start to create your ideal work situation, or learn to love the one you already have.

## STEP 2

### SET GOALS TO FULFILL THE INTENTIONS YOU OUTLINED.

Take a few deep breaths, then complete the following exercises.

- First, bring awareness into your body and accept the way you look, feel, your relationships, spirituality, and career. Accept it all, and be with yourself in the present moment.
- Write down one small action step to work toward your health goals – it could be eating more green vegetables, more protein, reducing sugar and processed foods, or releasing anxiety around eating.
- Get honest about your relationships. Write down one paragraph describing your ideal partner. What would he or she say and do? How would you feel when you were with him or her?
- Tune into your spirituality. Try something new this week. Maybe you go to a yoga class for the first time, or meditate for 10 minutes every morning to help you center in before your day starts.
- Take action steps every day that bring you closer to your goals – whether that means creating an exercise schedule and sticking to it, committing to going on at least one date per week with your partner, meditating daily, or reorganizing your workspace to fit your needs.

## STEP 3

### DECLARE YOUR INTENTIONS – OUT LOUD!

- Whether you say them to a friend, loved one, or to yourself in the mirror, voicing your intentions loud and clear will help you fulfill them.
- Acknowledge any conflicting intentions, and decide which ones will bring you the most fulfillment. Stretch your imagination a little, acknowledging that total satisfaction is attainable.
- Bring awareness to the fact that your intentions can and will change, but if you have a starting point and a road map of how you want your life to look, you can easily course-correct.
- Outline your perfect day if all these components were in alignment. What would you do, how would you feel, and what would you look like? How would your actions and interactions change?
- Say your intentions out loud to yourself or someone close to you. Savor your precious energy, and only pursue goals that make you feel completely alive and nourished.