**Wellness Self-Coaching Exploration Worksheet**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Select the most accurate answer in both columns for each statement.** | **How true is this for you currently?** | | | **How motivated are you to make a change in this area?** | | |
| often | sometimes | rarely | highly | somewhat | slightly |
| 1. I eat regularly, not skipping meals. |  |  |  |  |  |  |
| 2. I eat when I feel moderately hungry. |  |  |  |  |  |  |
| 3. I stop eating when I feel comfortably full. |  |  |  |  |  |  |
| 4. I feel nourished by the food I eat. |  |  |  |  |  |  |
| 5. I am aware of and respond to messages from my body about its need for movement. |  |  |  |  |  |  |
| 6. I make time in my schedule for enjoyable movement practices without feeling guilt. |  |  |  |  |  |  |
| 7. I go to bed when I feel tired at night. |  |  |  |  |  |  |
| 8. I recognize when I am feeling stressed and take steps to manage my stress. |  |  |  |  |  |  |
| 9. I take regular breaks from studying and work without feeling guilt. |  |  |  |  |  |  |
| 10. I use relaxation techniques as needed. |  |  |  |  |  |  |
| 11. I seek support when I am struggling (emotionally, academically, physically, etc.). |  |  |  |  |  |  |
| 12. I get as much social time as I need. |  |  |  |  |  |  |
| 13. I connect with people who support, energize and inspire me. |  |  |  |  |  |  |
| 14. I get as much physical contact as I need. |  |  |  |  |  |  |
| 15. I am mindful of how my intake of caffeine, alcohol and other drugs affect my well-being. |  |  |  |  |  |  |
| 16. I get fresh air and time in nature each day. |  |  |  |  |  |  |
| 17. I schedule time for the things that are most important to me. |  |  |  |  |  |  |
| 18. I make conscious choices about my actions based on my personal values. |  |  |  |  |  |  |



**Select a focus area by considering:**

* In which 2-3 areas do you feel the most motivated to make a change?
* How would it impact your life to make a change in each of these areas?
* How ready are you to make a change in each of these areas?
* How confident are you that you can make a change in each of these areas?
* Based on these questions, which area is emerging as the most compelling area to focus on?