

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 guilty.						
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 guilty.						
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 affects 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 values.						

Select a focus area by considering:

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