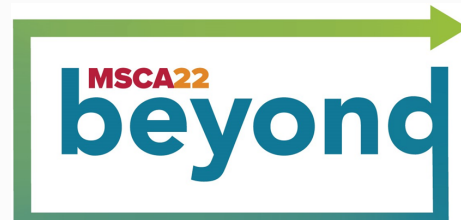




Healthy Doesn't Have To Be So Hard



DOREEN MCCORMICK
COACHING

BY DOREEN MCCORMICK, MSPT, INHC



WORKSHOP COMPANION

HEALTHY DOESN'T HAVE TO BE SO HARD

Hello,
I'm Doreen,

Integrative Health, Mindset & Performance Coach

I am so glad you have chosen to invite me on this journey.

In today's workshop, we will touch on some tips, tricks, and tools to make moving toward greater health easier and more sustainable. We will take some time to reflect on what it is YOU need to move forward in your well-being. And we will focus on simple strategies and habits to make you more successful (in any of your desires) over the long haul.

Today, I hope to empower, equip and inspire you to take the next steps toward creating greater energy and pursuing more of what you love.

Wishing you much health and happiness always,

Doreen McCormick

DOREEN MCCORMICK
doreen-mccormick.com

CREATING CHANGE

INSTRUCTIONS: Cultivating change takes intention, reflection, and planning.

Take a moment to work through the following questions to begin your journey towards less stress, more control and greater health.

QUESTION #1: Why are you here in today's session? What is it you are searching for; struggling with; or curious about?

QUESTION #2: What frustration or challenge do you feel today?

QUESTION #3: How will you feel if you don't change anything?

QUESTION #4: What's currently holding you back from making a change?

PLANNING FOR SUCCESS - NOURISHMENT

INSTRUCTIONS: Cultivating change takes intention, reflection, and planning.

Take a moment to think through what you need in the area of *nourishment* through the foods you eat.

QUESTION #1: What is one thing you need to add or remove to gain health, vitality, energy or time in the area of nutrition?

QUESTION #2: What is it you need to be successful with this? To make this happen? Or one new thing you would like to try?

QUESTION #3: When can you commit to implementing or trying this?

QUESTION #4: What effect do you believe this will have on your life?



SLEEP CHECK UP

TAKE THE QUIZ

INSTRUCTIONS: Check each box that applies to your current sleep routine and environment. If you checked less than an 8, what is one thing you can change going forward?

- ☐ NO SCREENS IN BEDROOM
- ☐ A BEDTIME ROUTINE
- ☐ NOT USING ALCOHOL TO FALL ASLEEP
- ☐ A CONSISTENT SLEEP SCHEDULE
- ☐ GETTING NATURAL LIGHT IN THE AM
- ☐ A COOL, DARK, QUIET BEDROOM
- ☐ GETTING OUT OF BED IF YOU CAN'T SLEEP
- ☐ NO CAFFEINE AFTER LUNCHTIME
- ☐ NO NAPS LATE IN THE DAY
- ☐ CONSISTENT EXERCISE

PLANNING FOR SUCCESS - SLEEP

INSTRUCTIONS: Cultivating change takes intention, reflection, and planning.

Take a moment to think through what you need in the area of *sleep*.

QUESTION #1: What is one thing you need to add or remove to gain greater quality or quantity of sleep?

QUESTION #2: What is it you need to be successful with this? To make this happen?

QUESTION #3: When can you commit to implementing or trying this?

QUESTION #4: What effect do you believe this will have on your life?

PLANNING FOR SUCCESS - MOVE

INSTRUCTIONS: Cultivating change takes intention, reflection, and planning.

Take a moment to think through what you need in the area of *movement*.

QUESTION #1: What is one thing you need to add or remove to attain greater or more consistent movement in your life?

QUESTION #2: What is it you need to be successful with this? To make this happen?

QUESTION #3: When can you commit to implementing or trying this?

QUESTION #4: What effect do you believe this will have on your life?

SUSTAINABLE SUCCESS

INSTRUCTIONS: Now that we have discussed some ideas, strategies, and tools you can utilize on your journey, take a moment to reflect on your own needs and begin to plan for your success by answering the questions below.

REFLECT: After listening to today's session, what do you feel has been your biggest challenge and what do you feel needs to change?

PLANNING THINGS OUT: How can you begin to make this change?

ADDING ACCOUNTABILITY: When can you commit to making this change? And who can you share this with to help add to accountability?

PREPARING FOR SETBACKS: What obstacle might you encounter and how will you handle this?

PERMISSION SLIP ACTIVITY

INSTRUCTIONS: Often we are our own biggest roadblocks. What is it that you need to give yourself permission to do (or not do) to better your physical, emotional & mental wellbeing?

PERMISSION SLIP

I, _____

Give myself permission to: _____

Dated: Now

CELEBRATING SMALL WINS

TRACKING YOUR WINS

INSTRUCTIONS: Celebrating small wins along the way is crucial for staying motivated and to recognize progress. Shoot for progress, not perfection. Use the following areas to write down small wins that you accomplish during the process. One step at a time. You've got this!



WORKSHOP NOTES

YOUR TAKE-AWAYS

"A goal without a plan is just a wish."

WORKSHOP NOTES

YOUR TAKE-AWAYS

*"Find your why and you'll find your way."
John C Maxwell*