
SALLY'S HEALTH LIVING

Wellness Coaching

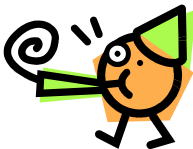
Vol.1 Issue 3
Winter 2009

WELLNESS COACHING FOR YOUR HEALTH

Are you happy and content in one area of your life but perhaps not another? Do you want to make healthier decisions but just don't have the oomph or focus to do it? Not sure where to start with a diet plan? Feeling stressed? Then, wellness coaching may be for you.

Sally's Healthy Living helps people make informed and wise decisions about their physical, mental and spiritual lives. When I am your coach, we work as a team. I help you realistically identify and achieve your goals. I use gentle encouragement, help you see the light at the end of the tunnel and focus on making this a fun and rewarding journey. With wellness coaching, it is possible to change the way we respond to life's curve balls and work towards a healthy, fun and fulfilling life.

10 TIPS FOR KEEPING YOUR RESOLUTIONS



It's right about now, a lot of us give up on our resolutions. How easy it is to forget what motivated us to make resolutions in the first place. Here are some tips to help you keep on track!

1 WHY JANUARY 1ST, WHY NOT TODAY? Make today the first day of your resolutions. Make every day here after, the first day of your new life plan.

2. GET HONEST For the next week, keep a daily journal that captures the behavior you are trying to change. For example, if you are trying to loose weight, keep a journal of everything that goes into your mouth for the next week. If you are trying to spend less, keep a

journal of every penny you spend for the next week. Acknowledge the successes as well as the failures. Be fearless.

3. HAVE A PLAN Set up some short term goals that you can complete in the next five days. Set up a long term goal say for the next 6 months.

4. ANTICIPATE SETBACKS They will happen. By now, you have probably broken some of your resolutions. Don't despair. This is perfectly normal. Most people have to try multiple times before they are successful in changing a behavior.

5. ACKNOWLEDGE YOUR SUCCESSES Every time you have any success, get excited. You are retraining your brain to like being successful. For example, if you choose yogurt instead of a donut at an office breakfast when you normally would have eaten the donut. GET EXCITED, you are on the right path!

6. HAVE FUN If your goal is to exercise more, do an exercise you enjoy. If you like music, listen to music while you exercise. If you are a very social person, exercise with friends etc.

7. GET A PARTNER/JOIN A GROUP Research shows people are much more apt to be successful at changing a behavior if they involve other people. This is for a few reasons. It forces people to become accountable. If you know your friend is waiting to go exercise with you, you will be more likely to show up as you don't want to disappoint your friend. Also, places like weight loss groups have role models who can be quite inspirational. Who better to tell you how to be successful than some who has walked the path before you?

8. WRITE DOWN YOUR THOUGHTS Every action is preceded by a thought. Think about it. It is speculated (directly from Oprah's web site last year) that human beings have: 55000 thoughts per day, 2292 thoughts per hour or 38 thoughts a minute.

Write down your thoughts about your resolutions. If you are having negative thoughts, ask yourself. Is this thought really true? Who would I be without this thought?

9. DAILY REVIEW AND GRATITUDE Every night, review the pros and cons of the day. Be excited about your successes and neutral about your setbacks. Make a resolve to better tomorrow.

10 HELP OTHERS remember the successes of the 12-step programs. As soon as a member experiences some success in the 12-step programs, they are expected to go help another member that is struggling. Be an inspiration to others, get outside of yourself.

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