

COACHING SESSION 1

BEGIN WITH GRACE AND GRATITUDE



Exercise 1

Gratitude exercise.

Read the following beginnings of sentences, and see what words seem to naturally follow. It is worth devoting a few minutes or more to each sentence. Whenever you are not sure what to say, come back to the beginning of the sentence and see what naturally follows – it may be different each time you do this.

Some things I love about being alive on this planet are...

A place that was magical to me as a child was...

My favourite activities include...

Someone who helped me believe in myself is or was...

Some things I appreciate about myself are...

Exercise 2

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Baby Steps exercise.

A recent step I have taken that I feel good about is.....

If you are facing a fear like.... I don't believe I will achieve my wellness goals... create a list of priority 'steps' in the order you intend to achieve them - then aim for the step you feel most comfortable taking - with each step (or in mini victory) your confidence grows – but if you find yourself stretched too far, take a step back and get familiar with doing well at the previous step. Each time you take a step that supports the change you want to make, find a way of acknowledging that. Congratulate yourself. When you feel good about what you have done, you're more likely to continue doing it.