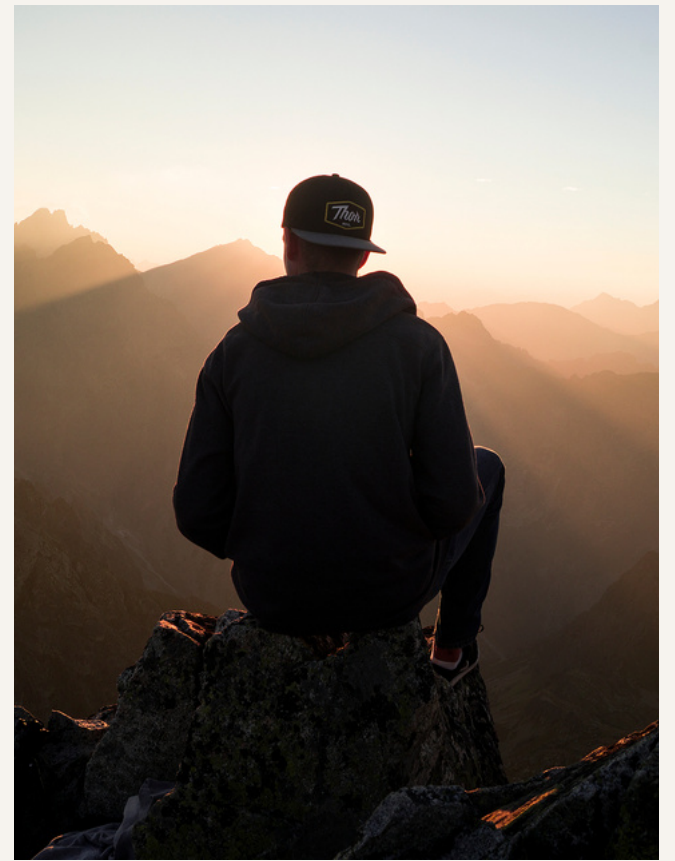


DOING THE WORK



WHAT TO WORK ON FIRST? *Begin with the end in mind*

Embarking on the path to holistic well-being begins with the thoughtful design of your personal wellness vision. This process, rooted in the principles of Motivational Interviewing, invites you to explore your aspirations and desires for a healthier, more fulfilling life. By engaging in a reflective dialogue with yourself, you can uncover meaningful goals and set the stage for positive change. In coaching we explore these in more detail, but the questions below are a great place to start.



FOUR QUESTIONS TO GET STARTED



What are you already good at?

Take a moment to recognize your unique strengths and skills—how have these qualities served you well in the past, and in what ways can you harness them to navigate challenges and propel yourself towards your goals?

What's really important to you?

Reflect on your core values—how well do they harmonize with your current lifestyle, and in what areas do you sense a need for greater alignment to create a more fulfilling and purpose-driven existence?

Where do you seek balance?

Consider the various aspects of your life, including work, relationships, personal pursuits, and well-being—what feels in balance and brings you contentment, and conversely, where do you sense areas that might be tipping the scales, and why?

What if you had a magic wand?

If you had a magic wand that you could wave and change any one thing about your life to bring you fulfillment, purpose and alignment with your core values what would it be?

Ready to take the next step in your journey?

[Click here to schedule a 15 minute intro call with Coach Thatcher](#)