

## **Health Coaching Questions: Scanning for Good:**

*Was it really a bad day or was it a bad five minutes that you milked all day?*

1. What made you smile / Laugh / Warmed your heart this last week?  
(Think small)
2. Who do you want to compliment?  
And how do you want to compliment yourself?
3. What are you grateful for right now?
4. Reflect on a positive interaction with another person.
5. What inspired you this week?
6. How did you challenge yourself this week?
7. What fills your cup? What gives you energy? What keeps you grounded?
8. What are you looking forward to? Something big and something small.
9. Who do you want to give kudos to? Who do you want to compliment?

## Session 8 Review:

1. CHECK-IN
2. TOOL BOX: Device use. Taking a moment to evaluate your relationship with our phone, ipad, asking is it enhancing our life? Do we feel in control?
3. INFORMATION:  
Menu planning and creating shopping lists.  
Benefits to mapping out our meals.
4. QUESTIONS:  
MIND diet: combination of Mediterranean Diet and the DASH diet for reducing the risk of dementia and loss of brain function as we age.
5. RECIPE RESOURCES from Dr Michael Greger: Website  
Nutritionalfacts.org and series of books How not to diet, How not to die.  
How not age. Daily Dozen Challenge.
6. GOAL: Checked in on our big goal. Are we heading in the right direction.  
Do you need to scale up or scale down. Created a goal / experiment for the week.

## CHECK-IN

1. What was your goal / experiment?
2. What went well? Focus on the positive first.
3. What helped make it go well? How did you remember?
4. How did that make you feel? (Feelings Wheel)
5. What was the full experience with the experiment?  
Did somethings not go as well?
6. Did anything get in the way?  
What is your learning?
7. Re-design of experiment goal OR  
Tools to help overcome OR  
New next step on the ladder.

## **TOOLS / STRATEGIES:**

### **Positive Emotions and Behavior**

- Behavior change can evoke negative emotions: Fear, guilt, shame, pessimism, low confidence, low self-efficacy, etc.
- These negative emotions limit our openness to new possibilities, they make us less receptive to change, it's how we can get in our own way. They make it harder to move forward towards our goals.
- The good news is that we can work on positive emotions and optimism.

### How to build positivity and optimism.

- Having a No Failing only learning mindset.  
What went well first, and then what did we learn.
- Having a vision. Small steps. Having Small successes feeds optimism and positivity.
- Identifying feelings in a more expansive this supports new awareness and helps gain more clarity around what we're experiencing.
- Apply or use your strengths to move you forward. Helps build self-efficacy.
- Calming that inner critic by using self-talk that serves us. Positivity can become part of our inner dialogue. This builds hopefulness and self-love.
- Other ways to cultivate positive emotions in general:
  - Connect with others
  - Laugh
  - Show kindness to others
  - Nature
  - Mindfulness

- Gratitude practice
- Exercise
- Music / Dance
- Children / pets
- Breath work
- Asking yourself questions like:
  - What motivates you?
  - What excites you?
  - What helps feed your confidence?
  - What fills your cup?
  - What helps keep you grounded?
  - What warms your heart?
  - What rejuvenates you?
  - What uplifts you? Energizes you?
  - What keeps you calm? Peaceful?
  - What makes you feel creatively inspired / alive?
  - What helps you feel supported?
  - What makes you feel fulfilled?
  - Which positive emotions do you most commonly experience?
  - Which positive emotions might you want to cultivate? What benefits might come from that?
  - What positive emotion-generating practices do you want to commit to or strengthen? What will that look like?
  - What connections do you notice between your lifestyle choices (i.e., sleep, stress, movement, etc.) and your emotional wellbeing?
  - In what ways is your self-talk unsupportive or self-critical? What could you say to yourself that would feel more supportive?
  - What 3 words might serve as anchors or reminders of positive emotions?

## **INFORMATION:**

**Have a go-to weekly meal or meals. Something that you are OK with having on repeat.**

- Stir Fry:
  - Rice (black, red, or brown) or noodles
  - Protein: chicken, eggs, tofu or tempeh
  - Greens: spinach or cabbage
  - Veggies: sugar peas, carrots, zucchini, mushrooms, onion
  - Spices: ginger, garlic
  - Dressing (Soy sauce, toasted sesame oil and rice vinegar)
  
- Bento Bowl / Buddha Bowl
  - Grain (Rice, Quinoa, Farro)
  - Protein: Tofu, Tempeh, Chick peas, Lentils, peas, Black Beans, Chicken, Salmon
  - Cooked veggie: Roasted sweet potato, cauliflower
  - Crunch raw veggie: cucumber, jicama, purple cabbage, bell pepper, carrots.
  - Leafy green: Spinach, Kale, Arugula
  - Dressing (Asian, tahini herb, peanut sauce, pesto)
  - Toppings: Sunflower seeds, walnuts, cashew nuts, pumpkin seeds.

# BUILD A BUDDHA BOWL



CHOOSE A GRAIN

@THESHREDDEDVEGAN



CHOOSE A PROTEIN



ADD CRUNCH



DRESSING



TOPPINGS



## **To have a quick emergency go-to meal when life gets in the way:**

- Roasted Red Pepper soup with a salad

(bag of pre-washed greens, add cucumber, hemp seeds, chick peas or lentils, green apple, feta cheese / olives, walnuts, with a clean store-bought dressing)

- Omelette with Trader Joes Kale Pesto.
- Frozen Garden Burger or frozen falafel salad.

## **What does Meal Prep look like?**

- Having a menu to work with
- Buy all the ingredients
- If short on time, buying ready to go ingredient such as cubed butternut squash, cooked lentils from Trader Joes, pre-washed salad greens.
- Having staples in:
  - o lemon juice. Big back from Costco, juice and freeze in ice cube trays
  - o Garlic
  - o Ginger
  - o Olive oil
  - o Beans
  - o Quinoa
  - o Brown and red rice
  - o Protein: Tofu and tempeh or chicken, salmon.

(What are your staples that you use on repeat?)

- Cook double batches and freeze.
- Meal prepping breakfast, lunch, and snacks.
- Thinking ahead. What prep do can you do in the morning?
- Chop more than you need.



## **QUESTIONS:**

**Quick lunches: don't over complicate it. Find a few meals that work.**

- Batch prepare:
- Get 5 containers.
- Hearty salad: Quinoa, greens, protein (chicken, tofu, beans, nuts), dressing on the side. Mix up the dressings.
- Taco salad
- Healthy Sandwich: sourdough bread, avo / humus, protein, lettuce, pickle or cucumber, hemp seeds.
- Big Pasta salad with lots of veggies. Dressing on the side.
- Soup
- Whole wheat wraps
- Leftovers

**Advocacy for food:**

- eating preferences
- political alliance
- guiding principles

[Center for Science in the Public Interest](#)

[Feeding America](#)

[Healthy Food America](#)

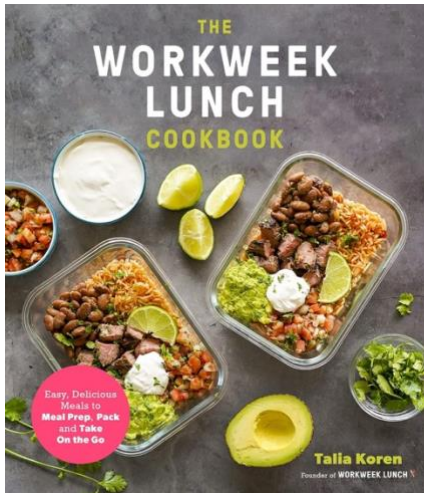
[Environmental Working Group](#)

[True Health Initiative](#)

## **RECIPE RESOURCES**

### **BOOK:**

[The Workweek Lunch Cookbook by Talia Koren](#)



### **WEBSITE:**

[Nutrition.gov](#)

[Food Shopping and Meal Planning](#)

[Nutrition on a budget...>>>](#)

**Menu planning**

**Supplements**

**Modifying a recipe to be healthier**

### **RECIPE:**

[Sweet Potato Chickpea Buddha Bowl](#) by Minimalist Baker



## What is one CHANGE you are ready to experiment with?

### SMART

S = Specific	(I will not eat any foods I couldn't make myself)
M = Measurable	(I'll do this 7 days a week)
A = Attainable	(I'll do this 5 days a week: Mon-Fri)
R = Relevant	(This is important to me because: your why)
T = Timely	(I will start Nov 6 <sup>th</sup> )

Are you ready?

What is your Why?

What could get in the way?

What prep do you need to do?

What resources / support do you need?