

Lifestyle



# Lifestyle Coaching *Guidebook*



## Better health? ***You've got it.***

**Congratulations!** You've taken the first step toward better health. And good health is about more than fighting off disease. It makes you feel amazing. It gives you the energy to do what you love and get the most out of life.

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# Pillars of *health* and *wellness*

People often think of “wellness” in terms of physical health – nutrition, exercise, weight management, etc. But it’s so much more!

Wellness is a holistic integration of physical, mental and spiritual well-being, fueling the body, engaging the mind and nurturing the spirit (NIH). Moda Health’s pillars of health & wellness include:

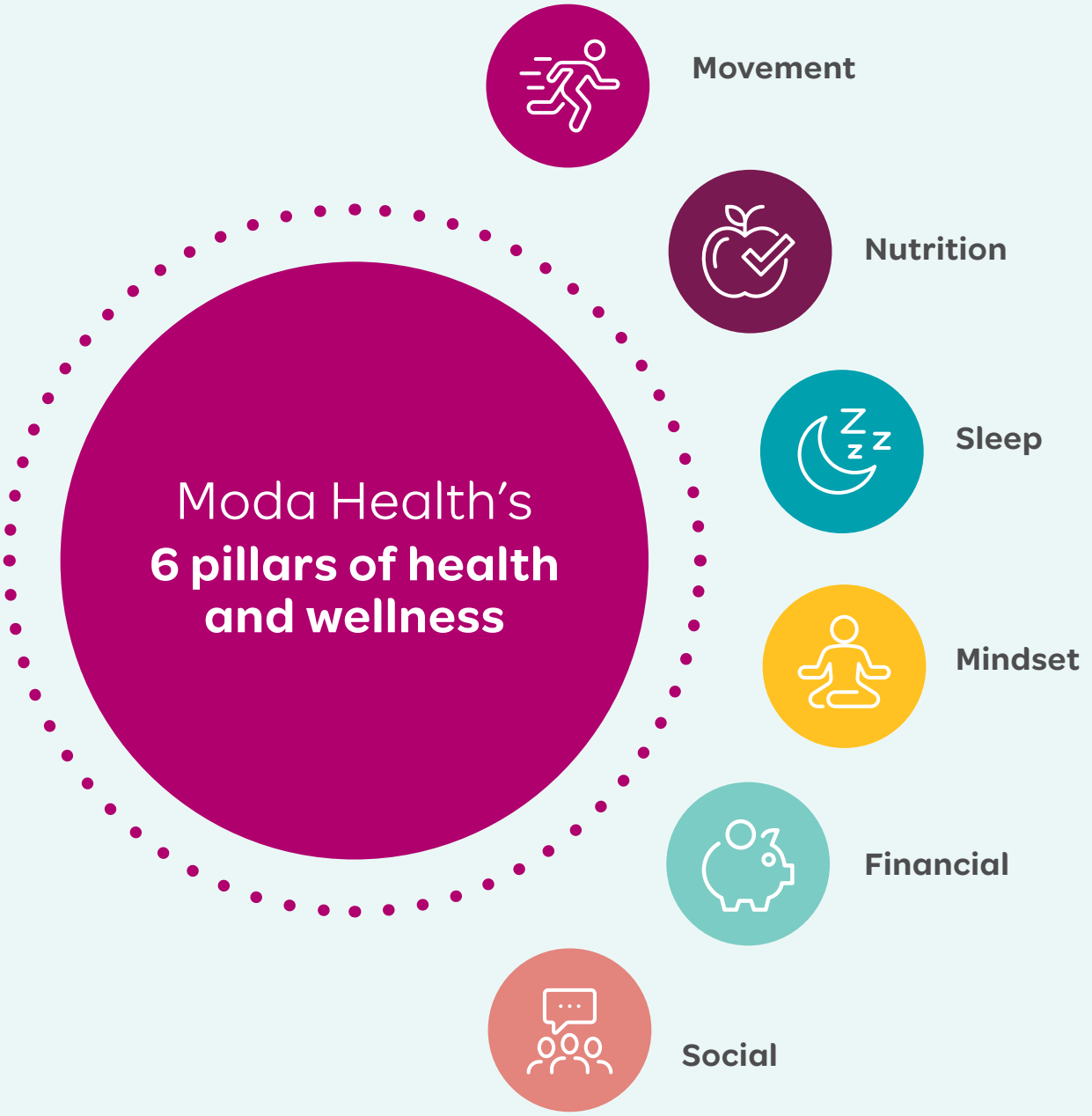
- **Movement:** Moving our bodies regularly and naturally to support its functionality.
- **Nutrition:** Nourishing ourselves in a way that supports a functional body.
- **Sleep:** Practicing a regular sleep pattern and taking time for rest and rejuvenation.
- **Mindset:** Feeling capable and empowered to cope effectively with life challenges.
- **Financial:** Understanding and having control over our finances.
- **Social:** Creating and maintaining satisfying relationships to cultivate a sense of connectedness and belonging.

In looking at these six pillars of health and wellness, they not only encompass what it means to be healthy, but it is also a lifestyle and a personalized approach to living a life that allows you to become the best version of yourself. We must give attention to all six pillars, as they are all interconnected and important to a well-rounded and balanced lifestyle. This also means that neglect of any one pillar will adversely affect the other, and ultimately, our health and overall quality of life. For example:

**Lack of sleep and poor sleep quality** have been linked to increased risks of high blood pressure, type 2 diabetes, and obesity. Stress and anxiety can be two causes to lack of sleep; however, getting enough physical activity during the day and including certain foods and drinks that have sleep-promoting nutrients into your diet (almonds, chamomile tea, kiwis) can help improve your sleep quality and duration (CDC).

**Our mindset, and how we think** can play a critical role in our overall health. Researchers have found that positive thinking can result in lower rates of depression, better cardiovascular health, better coping skills during times of stress, and increased life span. What is amazing is that the other five pillars of health and wellness can also strongly impact our mindset. For example, exercise can positively affect our mood and reduce stress; a strong social connection can lower the rates of anxiety and depression; and our financial situation can positively or negatively impact our mental health, as well (Mayo Clinic).

With all six pillars of health and wellness mutually interdependent of one another, it is imperative that we are able to find that holistic approach and balanced lifestyle that feels most natural and authentic to us and our goals.



Moda Health's  
**6 pillars of health  
and wellness**



**Movement**



**Nutrition**



**Sleep**



**Mindset**



**Financial**



**Social**

# What is *health coaching?*

Change is not always easy. Most of us have heard that we need to eat right, exercise and get some sleep to maintain health. But it's not as simple as it sounds. That's where a health coach comes in.

A health coach is a guide and a mentor who empowers you to reach your health and lifestyle goals by crafting small, doable changes at a pace that is comfortable for you. Health coaches hold knowledge of how nutrition, movement, stress management and other lifestyle habits affect health, yet they allow you to be the expert in deciding which changes feel right for you.

Through the process of visioning, goal setting and accountability, you and your health coach will walk through this step-by-step process, while developing a deeper understanding of how your lifestyle changes can improve your energy, balance and health.

## Want to give it a try?

Moda has created a health coaching program to help you live a healthier life. Find details and other resources when you log in to your Member Dashboard at [modahealth.com/memberdashboard](https://modahealth.com/memberdashboard). Under the myHealth tab, click on Health tools and coaching and see the Health Coaching FAQ. If you do not have a Member Dashboard account, you can create one there. Have your Moda Health member identification card handy for reference when you create an account.

You can also reach a health coach by emailing [healthcoachteam@modahealth.com](mailto:healthcoachteam@modahealth.com) or by calling 855-466-7155.

“

Health coaches are not just  
a source of information but

**a catalyst for transformation**

– Chris Kresser

”



# Setting yourself up for success





# Strengths *and values*

Before we dive into areas that you want to modify or change, it can be helpful to first identify areas that you are already good at, where you excel or things that come natural to you. Below is a list of resources that help you identify your strengths and values.

## Personality assessments

Myers-Briggs Type Indicator (MBTI) measures four psychological preferences to find out how people view the world and make decisions.

[myersbriggs.org/my-mbti-personality-type](https://myersbriggs.org/my-mbti-personality-type)

The 16Personalities **free quiz** is based on Myers-Briggs' theories with a fifth indicator that measures a person's response to stress.

[16personalities.com/free-personality-test](https://16personalities.com/free-personality-test)

Your personality type: \_\_\_\_\_

What insights do you have by completing this assessment?

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## Identify your values

Use this online tool to help sort out what values mean the most to you

Value Card Sort Exercise: [tinyurl.com/yv6rfazh](https://tinyurl.com/yv6rfazh)

Top 5 values that mean the most to you:

1 \_\_\_\_\_

2 \_\_\_\_\_

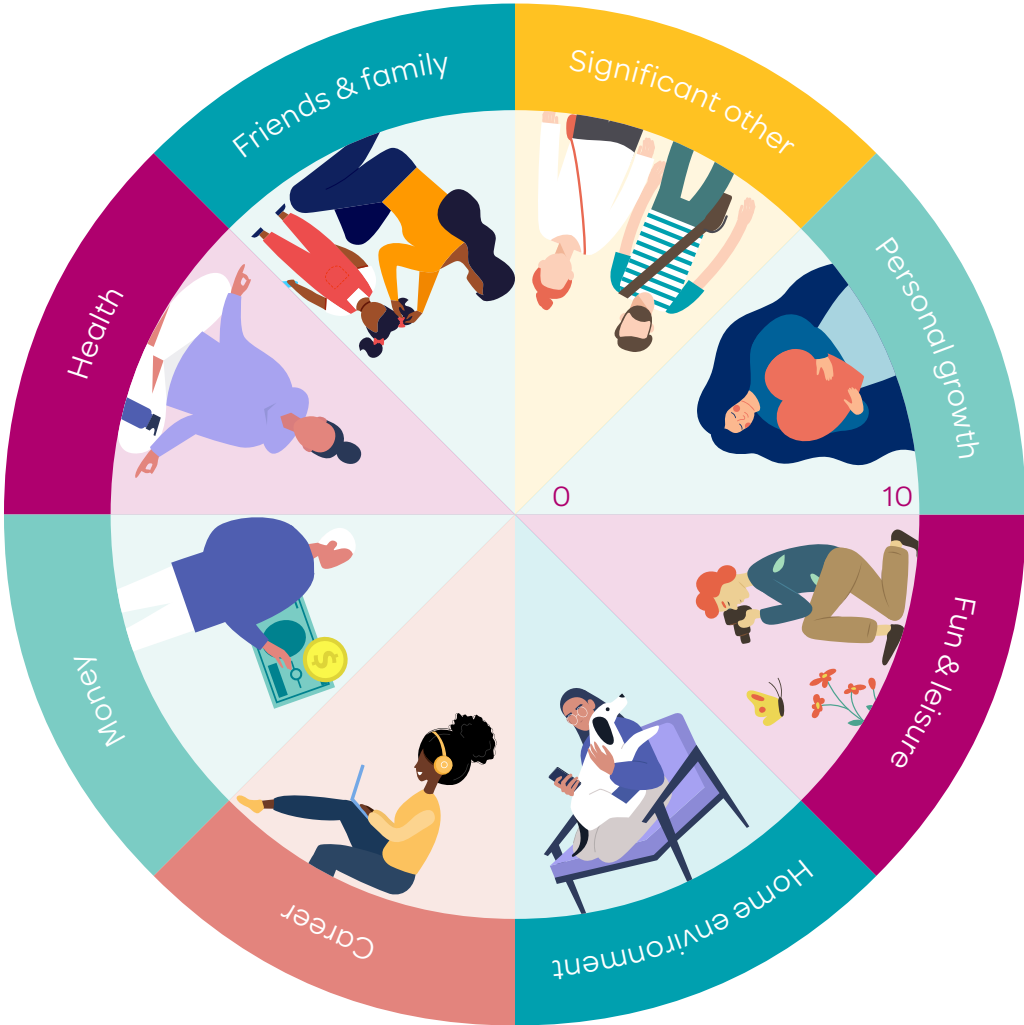
3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

# Wheel of Life

Balance is personal and unique to each individual. What may be satisfying or balanced for some people may be stressful or boring for others. The Wheel of Life raises awareness and allows you to plan a life that is more satisfying and closer to your definition of balance, while also helping clarify your priorities for goal setting.

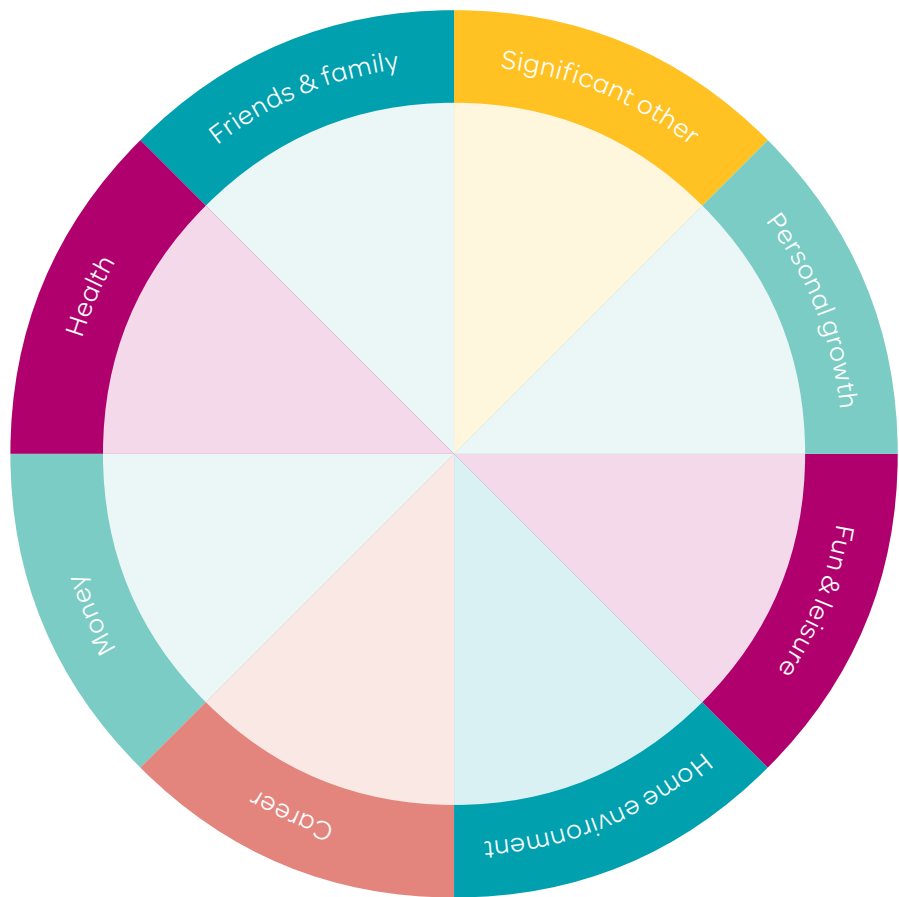
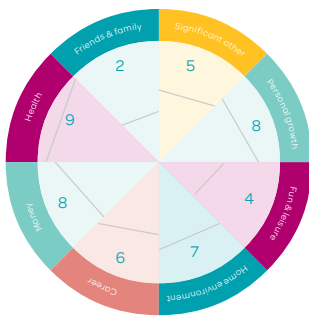


## Complete the Wheel of Life:

1. Review the 8 wheel categories: Think briefly what a satisfying life might look like for you in each area.
2. Next, draw a line across each segment that represents your satisfaction score for each area.
  - Imagine the center of the wheel is 0 and the outer edge is 10
  - Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
  - Draw a line and write the score alongside

*IMPORTANT: Use the FIRST number that pops into your head. Not the number you think it should be.*

Using the example below as a guide, fill out the wheel with your answers:



Thoughts:

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## Values-In-Action (VIA) Signature Strengths questionnaire

Character strengths are the core personality traits that define your unique identity and make you feel authentic, alive and engaged in life. Your free Character Strengths profile, below, lists your strengths from highest to lowest based on the positive qualities that are strongest in you. Research shows learning about your strengths and how to express them can make you happier, less stressed, more productive at work and better connected to others. Interested in exploring the best parts of yourself?

Check out our personalized, in-depth Total 24 or Top 5 Reports, and use your strengths to build your best life. [viacharacter.org](http://viacharacter.org)

### Your top 5 strengths:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

What do you feel most proud about after taking this assessment?

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What is one area that you would like to expand on and why?

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## Your personal strengths and challenges

What are you currently doing for your health that you feel proud about?

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What personal strengths can you draw from to help you along the path to a healthier you?

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When faced with challenges in the past, what tools and strategies did you use to work through it?

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# Considering all aspects of change

## How will you feel?

Whenever we consider making changes, there can be some great benefits but also some challenges that keep us from moving toward them. If we think about the benefits and challenges ahead of time, it can help you get clear on which might be the next best steps for you.

For example, you want to quit smoking and have tried a few times in the past. Your doctor keeps recommending that you quit ASAP but you have a long road trip coming up with your family. On the one hand, it would be nice to have the extra money for the trip and to not have to stop to have a smoke-break. But you are also curious how you will react in challenging situations if you quit now. Here is some space for you to work through those thoughts.

## Reasons for staying as you are:

*Ex: Smoking helps relieve my stress*

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## Challenges with staying as you are:

*Ex: It's having a negative impact on my health*

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## Challenges with making a change:

*Ex: It's hard to find the right time to stop*

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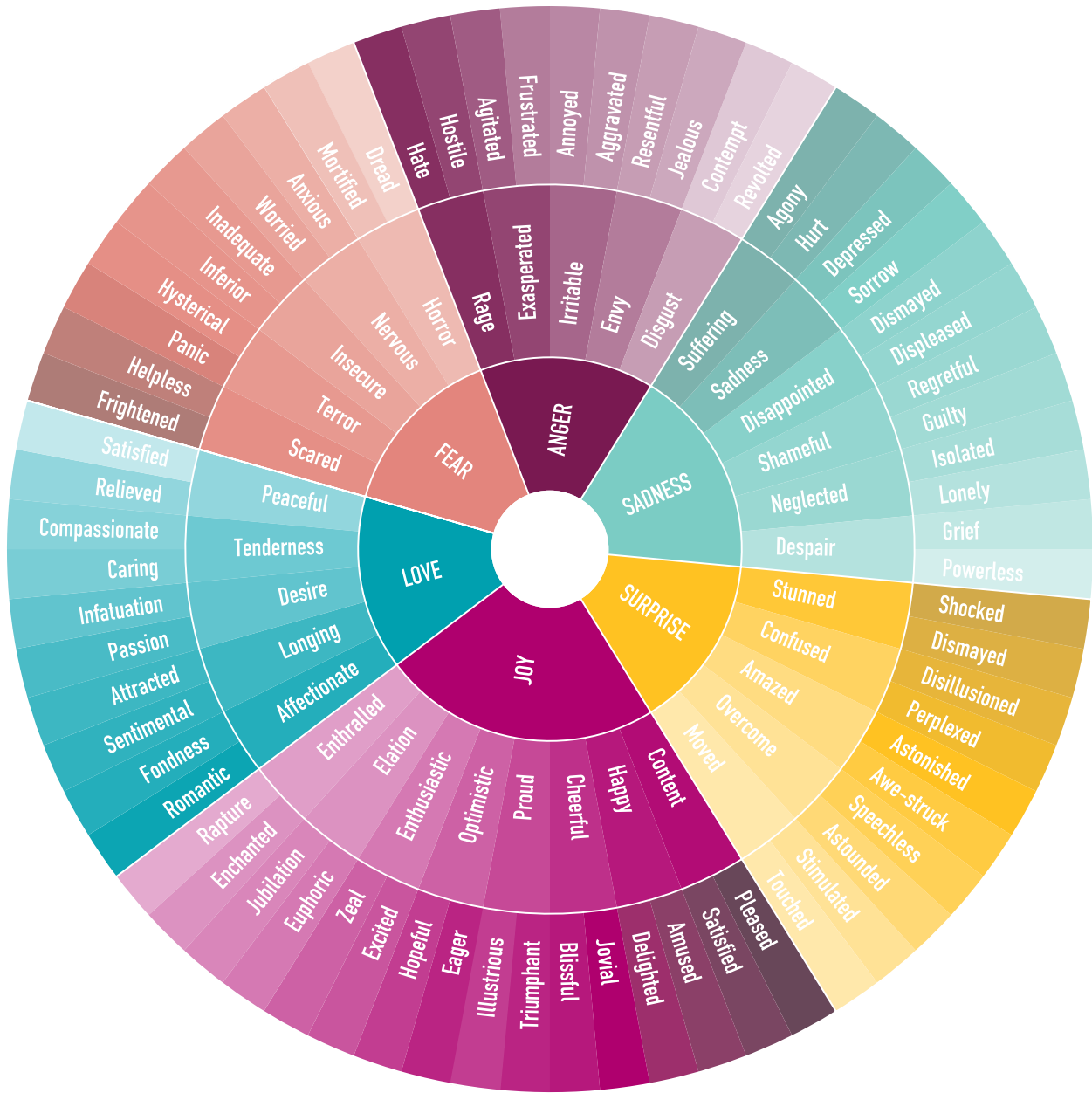
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Feelings Wheel

## Naming emotions

Noticing and naming emotions gives us the chance to take a step back and make choices about what to do with them. Sometimes this simple exercise can help us better manage even the most difficult emotions.

After you've tried your new response for a week or so, think about how things went. If the new response didn't help you deal with the stress, consider a different option. You might have to try a few new solutions to find the one that works.

### Stress trigger – give an example

Response (emotions, thoughts, behavior):

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*Is this working?* [Yes](#) [No](#)

New response:

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### Stress trigger

Response (emotions, thoughts, behavior):

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*Is this working?* [Yes](#) [No](#)

New response:

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**Stress trigger**

Response (emotions, thoughts, behavior):

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Is this working? [Yes](#) [No](#)

New response:

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**Stress trigger**

Response (emotions, thoughts, behavior):

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Is this working? [Yes](#) [No](#)

New response:

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# Barriers, obstacles and solutions

## Find out what's in your way

Making a list of obstacles before you start will help you overcome them before they ever become a problem for you, asking yourself if there is a possible solution.

This is a great time to work with a health coach to brainstorm some possible ideas to help overcome some challenges that might be standing in the way of your goals.

Barrier:

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Solution:

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Barrier:

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Solution:

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Barrier:

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Solution:

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# Stages of change

Change is a process. Studies show the more in charge of your health you feel, the more likely you are to make healthy behavior changes in your life. Your health coach is trained to help you progress through the levels described here. Taking small steps can lead to big changes and improve your overall health.

## What level do you see yourself at?

### Level 1

I am developing basic knowledge, self-awareness and confidence around my health needs.

### Level 2

I am seeing an increase in knowledge and developing the initial skills I need to be healthy and stay healthy.

### Level 3

I am initiating new behaviors and am able to better manage my health.

### Level 4

I am striving to maintain desired health behaviors over time and learning to anticipate difficult situations that will arise.

## What small step would it take to get you to the next level?

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“

Commitment leads to action.

**Action brings your dreams closer.**

– Anonymous

”

# Setting goals



# Write down *your goals*

Your next step is to put your goals in writing and make sure that they are realistic.

There is space for three goals, but feel free to choose the number of goals that feels right for you. Some examples are:

- Writing in a gratitude journal
- Getting more sleep
- Cutting down on screen time

**My goals are:**

1 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Making a SMART plan

When making a plan to achieve your goal, there are a few things to consider.

The more specific, the better. Instead of saying, “Eat more vegetables,” you could say, “Include at least one serving of fruit and/or vegetables with lunches during the weekdays.” This way, you can measure your plan and track your progress. You can be more specific with your plan and include a second goal to include, “I will keep track of my diet using a food journal and I will circle the foods that feel good in my body.”

One way to think about this is to consider “**SMART**” goals.



SMART goals are:



**Specific**



**Measurable**



**Achievable**



**Relevant**



**Time-bound**

## Rewrite your goals using the SMART guidelines.

### GOAL 1 \_\_\_\_\_

On a scale of 1 to 10, how important is this goal to me?

1    2    3    4    5    6    7    8    9    10

*Not important*

*Very important*

On a scale of 1 to 10, how confident am I that I can reach this goal?

1    2    3    4    5    6    7    8    9    10

*Less confident*

*Very confident*

If it's not 7 or above, how can you modify your goal to make it more achievable?

### GOAL 2 \_\_\_\_\_

On a scale of 1 to 10, how important is this goal to me?

1    2    3    4    5    6    7    8    9    10

*Not important*

*Very important*

On a scale of 1 to 10, how confident am I that I can reach this goal?

1    2    3    4    5    6    7    8    9    10

*Less confident*

*Very confident*

If it's not 7 or above, how can you modify your goal to make it more achievable?

### GOAL 3 \_\_\_\_\_

On a scale of 1 to 10, how important is this goal to me?

1    2    3    4    5    6    7    8    9    10

*Not important*

*Very important*

On a scale of 1 to 10, how confident am I that I can reach this goal?

1    2    3    4    5    6    7    8    9    10

*Less confident*

*Very confident*

If it's not 7 or above, how can you modify your goal to make it more achievable?

I will be ready to start working on this goal on: (Choose a start date) \_\_\_\_\_

# Making your commitment to your health

A contract with yourself is an important step to a healthier lifestyle. Write your goals here and place it somewhere you can revisit it daily as a reminder of your commitment to your health.

**Success tip:** Pick a goal that is both important to you and that you are confident you will achieve.

*Example: I will write in a gratitude journal every other day in the morning because/so that...*

## Commitment

I will:

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Because/so that:

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Signature & date

## Weekly action steps

With your goals laid out, let's break it down into smaller, weekly action steps that you would like to experiment on.

Interested in tracking your steps and progress? Page 37 has a list of resources and tracking logs you can use to track your steps and progress.

\*Note: Experiments don't always work perfectly and that's okay. An experiment is just to see what works and what doesn't work so it can be tweaked as necessary.

*Example: On Monday and Friday at 8 a.m., after my coffee, I will take five minutes to write in my gratitude journal.*

**My action steps are:**

1 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# Revised weekly action steps

Did your weekly action steps go as planned last week? If they did not, how can you modify these action steps to make them more successful?

*Example: On Monday and Thursday at 6 a.m., before my coffee, I will take five minutes to write in my gratitude journal.*

**My revised action steps are:**

1 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



“

Nobody can go back and  
start a new beginning, but  
**anyone can start today**  
and make a new ending.

– Maria Robinson

”

Looking at  
your progress



## Looking at *your progress*

What helped you work through the barriers and move toward your goal? What strengths did you draw from as you worked toward your goal (see page 30)?

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What have you learned about yourself as you've made this journey toward a healthier lifestyle?

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Did you learn something about yourself that made you decide to change your goal in some way or set a new goal? What is that new goal?

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## Reward your progress

Changing habits is not always easy, so celebrate your successes and reward yourself in a healthy way. Treat yourself to a massage, go to a movie with a friend, enjoy a weekend getaway, or voice out loud how good you feel. How can you reward your progress?

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“

What you think, you become.

What you feel, you attract.

**What you imagine, you create.**

– Buddha

”





# Moving toward *a healthier you*

For some, tracking your progress can be helpful. It keeps your routine interesting and helps you stay accountable to yourself. Here are some resources you can use to track your progress.

## Apps

- Daily Habit Tracker Pad
- MyFitnessPal app
- ClickUp app
- Strides app
- Coach.me
- Nike Training Club
- Mint (financial app)

## Journals

- New Food and Activity Journal
- The Power of Habit Journal
- The Freedom Journal
- The Bullet Journal Method (book)

# Congratulations!

You've completed the Moda Health Lifestyle Coaching Guidebook and worked hard to achieve your healthy lifestyle goal. The steps you took to achieve your goal provide you with a map you can use for ongoing success.

**Acknowledge your progress. Every step toward your vision is a success! Staying motivated is essential to maintaining your vision as you move forward.**

## **Remember:**

- Reflect on how you have faced possible barriers
- Think about how you measure your progress
- Renew your commitment to take action to reach future endeavors
- Reward yourself along the way





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