



Inspiring Health Coaches to Inspire

Add this worksheet to your CRAVE Coaching Essentials Toolbox (<http://www.cravemarketing.net/coaching-essentials/>) and help clients create their own rules so they have awareness, clarity and feel in control. Instead of making moment to moment decisions, or justifying their "10%" on a whim, help clients get clear about what they "DO," what they "DON'T DO" and what, if any, exceptions they plan to make THIS WEEK.

Example:

I eat/drink: fruit, veggies, legumes, whole grains, wild salmon, eggs, nuts & seeds

I DO NOT eat/drink: sugar - candy, cookies, cake, flour - white pasta, bread, *white rice, red meat, chicken, dairy - milk, *cheese, yogurt,

Exceptions: (when, where, why): *Cake: I don't eat cake, but this week I am going to because it's my birthday! *White rice: Also going to my favorite sushi place and they only have white rice sushi. *Cheese: I eat feta cheese in my salad, pizza once a month. Work with your client to create their rules for the next two weeks and review with them next session. Discuss the "exceptions" they made to their rules. What came up for them and what may have gotten in their way. Celebrate their success in sticking to their rules.