



## Wellness Coaching QUESTIONNAIRE

Please spend some time answering the following questions in your journal. It will help you to really think about the things that are important to you in your wellness program.

There are no right answers; only what's right for **you**! And, remember that your goals and thoughts about these questions may evolve over time. So, try to be as honest as you can TODAY.

1. My purpose for doing this online wellness program that is:
  
  
  
  
  
  
  
  
  
  
2. In the next 90 days, I would like to focus on the following short term wellness goals? This may include include physical (nutrition, fitness, sleep, health), emotional (stress, loneliness, inadequacy, etc.) and spiritual (daily devotion, spiritual mindfulness, connectedness to God, etc.) goals.
  
  
  
  
  
  
  
  
  
  
3. In the long term (in the next 1-2 years), I would like to focus on these things (Only choose things that you really *want*, not what you feel you *should* do!):
  
  
  
  
  
  
  
  
  
  
4. If I were to achieve **one** thing out of this, it would be that:
  
  
  
  
  
  
  
  
  
  
5. If time and money were not considerations, what I would do to achieve my ultimate state of wellness is:
  
  
  
  
  
  
  
  
  
  
6. The things that consume most of my time are:

7. My 3 favorite pastimes are (name at least the top 3, even if you do not have the time or energy to do them right today)?
8. These things motivate me or give me energy:
9. My greatest strengths are:
10. These things tend to drain my energy:
11. The ways I tend to resist reaching my goals are:
12. The kinds of support and/or activities that move me forward include:
13. The things that stop me from doing what I say I want to do are:
14. How I will know if I am achieving success will be:

## Personal Wellness Vision

A personal wellness vision is a way that you can think about yourself as the 'well' personal that you want to be. There is no right or wrong way to write a personal wellness vision, and they often change as you learn and experience successes through your weekly or monthly wellness goals. Your may be 1 sentence or 2 paragraphs. Be creative and describe your 'well self' in a way that means something to YOU.

One good way to start is to think about:

'How I will LOOK, FEEL, and ACT in 1 year from now in relation to my personal wellness' .....