



***CREATE YOUR WELLNESS
VISION FOR SUCCESS***
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TIME TO RESET

1. Identify FOUNDATIONS for success
2. Create your Wellness Vision
3. Plan for success



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FOUNDATIONS FOR SUCCESS

1. Know your energy boosters and energy drains
2. Build Positive Emotions
3. Self-compassion and growth mindset



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FOUNDATION 1: KNOW YOUR ENERGY BOOSTERS AND ENERGY DRAINS

What are your energy boosters?

- Getting good sleep
- A good laugh
- A solid workout
- Learning something new
- Accomplishing something
- Energizing conversation
- Eating –not too much, not too little
- Practicing gratitude
- Play/fun



What are your energy drains?

- Poor night of sleep
- Sitting too much
- Conflict
- Clutter
- Anxiety/worry
- Too much fat, sugar, alcohol in diet
- Dehydration
- Focusing on what's wrong
- Scrolling mindlessly
- The news

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FOUNDATION 2: BUILD POSITIVE EMOTIONS

- **Gratitude** Journal
- **3 Good Things** Exercise
- Acts of **Kindness**
- Make time for **Play**
- Intentionally use your Signature **Strengths**
(<https://www.viacharacter.org/survey/account/register>)



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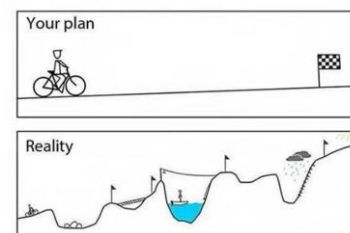
FOUNDATION 3: SELF-COMPASSION AND GROWTH MINDSET

- Review your progress **OBJECTIVELY**
- “Experiment and learn”

Growth Mindset Questions:

- What went well with my goal? What can I learn from the success?
- What didn't go so well? What can I learn from the challenge?

Self-compassion resources: <https://self-compassion.org/>



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What are some of the words that came to mind?

grounded

hopeful

laughter

lighter

energized

more fit

faster

at peace

calm

accomplished

stronger

joyful

consistent

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WELLNESS VISION STATEMENT



- “I am...so that I...”
- Describes how you look, feel, experience life, and what you are doing *in the present tense* as though you’ve arrived there.
- Can include specific behaviors
- Get creative! Eg. vision board, acronym, music, poetry

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VISION EXAMPLES

I am grounded each day in my purpose so that I show up with energy and joy for the people around me.

I am optimistic and hopeful each day as I take care of my body and mind with healthy foods, healthy movement and healthy thoughts so that I have energy to bring to my family and my work.

I am vigorous and youthful by being a role model for my family. I will bring my best energy at least 50% of the time. I will be as physically active as long as I can. I will make weight management and stress management part of my every day.

I have healthy eating habits and set a good example for my children. I exercise regularly so that I am delaying aging and preserving my ability to function well in my older years. I look better and feel youthful.

I have plenty of strength and stamina so that I can play energetically with my grandchildren. I am in charge of my health and feel greater well-being and contentment. I am a non-smoker (for good) and enjoy life to the fullest.

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3 MONTH GOALS

- What behaviors do you want to be doing consistently in 3 months?
 - Willpower supports
 - What actions/habits would lead you towards your vision?
 - 3-5 behaviors/habits that are **most important** and that you are **most ready** to start working towards

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3 MONTH GOAL EXAMPLES

Someone working towards consistent workouts:

I will workout at home 4 days per week doing a combination of videos, live classes, and walks

Someone striving for more whole foods in their diet:

I will eat 2 fruit and 3 vegetable servings per day

Someone prioritizing sleep:

I will get at least 7 hours of sleep most nights of the week

Someone focused on stress reduction:

I will deep breathe for 2 minutes 5 days per week

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PICK 1 OR 2 WEEKLY GOALS

3 month goal: I will workout at home 4 days per week doing a combination of videos, live classes, and walks

This week >> I will research the UNC Wellness workout video library on Saturday morning while I have my coffee and pick out 5 videos that I'd like to try.

3 month goal: I will eat 2 fruit and 3 vegetable servings per day

This week >> I will eat a banana or apple at breakfast Monday-Friday

3 month goal: I will get 7 hours of sleep most nights of the week

This week >> I will head upstairs at 10:30 pm and be in bed by 11 pm on Monday and Tuesday this week

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FOR EACH GOAL...

- **Ask yourself-** what do I need to do to be successful?
- **Assess confidence** -On a scale of 1-10, how would you rate your confidence in being able to achieve your goal?



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JULIE'S TIPS FOR SUCCESS

1. Post your **vision** and goals
2. **Experiment** and **learn**
3. Focus on **progress**, not perfection
4. Add **goal review** to your calendar
5. Ask for **help** when you need it



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JOIN ME!

- **Coffee with the Coach (virtual)- FREE**
 - 1st Wednesday of each month, 2-2:45 pm
 - Energize, educate, and engage
 - Email Julie.mcnamara@unchealth.unc.edu to register.
- Learn more about coaching
 - <https://coach.wellcoach.com/julie-mcnamara/>



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UNC WELLNESS RESOURCES- FITNESS

- Live Zoom fitness classes (included in membership)- [Calendar of classes](#)
- Prefer videos on your own time? Free Video Library at uncwellness.com/services/videos/
 - Cooking demos and meditation videos also available
- Stuck or need more guidance? Schedule time with a trainer for virtual or in- person personal training
 - Contact Kathryn.DeBlasio@unchealth.unc.edu for Meadowmont
 - Contact Neva.Avery@unchealth.unc.edu for NW Cary

UNC WELLNESS RESOURCES - NUTRITION

- [MyFitnessPal](#) – FREE online/app for food & exercise tracking
- Learn about UNC Wellness Nutrition Services
uncwellness.com/services/nutrition/
- Need additional guidance? Contact Registered Dietitian Liz Watt at
Elizabeth.Watt@unchealth.unc.edu

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