

Coffee with the Coach 1/18/2023

Vision 2023

UNC Wellness Centers

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Here is the recap from this week's session, **Vision 2023**. First we celebrated the 20th session of Coffee with the Coach! We've had some great topics, check them out at this [link](#):

- First, we shared **something good that happened in the past 24 hours** (a great exercise to get you present and building positive emotion).
- Next, we took a look at our **Wheel of Life** (attached) ratings (1-low, area is not at all where you want it to be to 10-high, you wouldn't change a thing)
 - What did you notice about your wheel?
 - What areas are high? What contributes to that number?
 - What areas are low? **Which one of these areas do you feel most energy behind or most ready to focus on?**
- Then, we considered **what would it take for you to rate your selected area one level higher than you did?**
 - Jot down a few ideas of what changes would help you move the needle in your area of choice
- **Journal about these coaching questions** related to your area of focus.
 - What makes this area important to you?
 - What belief or challenge could be holding you back in this area?
 - What is the best thing that could happen in this area?
 - What is one small step that you can take to show your commitment to this area?
- Lastly, we brainstormed a word that could **sum up your focus for 2023**.

I look forward to seeing you at the next Coffee with the Coach on **February 15** with the topic "Vision 2023, *the first 30 days*" where I will guide you on a check-in of your New Year visions/intentions to see what's going well, what challenges have come up, and help you determine a path forward. [Click here](#) to register to attend OR receive the recap email.

Did you know? UNC Wellness Centers has a full calendar of health and well-being webinars. Check out the schedule [here](#).

To a positive future,
~Julie

Contact Julie.McNamara@unchealth.unc.edu with questions or for permission to use this content beyond personal use.