

Coffee with the Coach 1/10/2024

Topic: 2024 Well-being Vision

UNC Wellness Centers

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➤ **Well-being Wheel of Life**

1. Look at each area of the well-being wheel and rate on a scale of 1-10. How satisfied are you with that rating?
2. Decide what's most important now
3. Considering the top 3 most important areas, what are words that describe at the end of the year how you want to feel in this area?

➤ **Visualization Exercise**

3 Deep breaths, slowing your exhale- Imagine that it's the end of the year and you are feeling great.

What do you notice about yourself? How are you different? What are you doing differently?

Movement or exercise- What are you consistently doing? How are you feeling? Are you playing a sport, learning a new dance or activity? How would you describe the connection to your body?

Rest- Imagine a place where you restore throughout the week; what does rest look like? Maybe you feel you have no time for rest. What is a way to incorporate rest in a way that is doable?

Nutrition- Imagine this place where you are feeding and fueling well and enjoying your food. You are nourished. You feel less guilt and more joy and contentment with food. What are you doing consistently? How does this feel?

Physical environment- What is different? What have you added? What have you removed? How does the space make you feel?

Mind-body connection- What are you noticing now? What are you aware of now that you weren't at the start of the year? How do you connect to your intuition?

Personal/professional development- What have you learned this year to add to your skills, knowledge or growth? What are some words to describe this feeling of growth?

Spirituality- Imagine you are connected to something bigger or outside yourself. How does this grounding force support you?

Relationships/communication- Imagine the joy you have brought to your relationships. What boundary did you set to build connection in a genuine way? What images come to mind for positive connection.

➤ **Journaling Questions:**

- What are some of the key behaviors, words, and feelings that have come from the visualization? How could you capture them in a vision statement, word cloud, or other inspirational format?
- What excites you most about a future that captures your vision words?
- What are you ready to try this week?
- What or who could support your efforts?