

1/10/2024

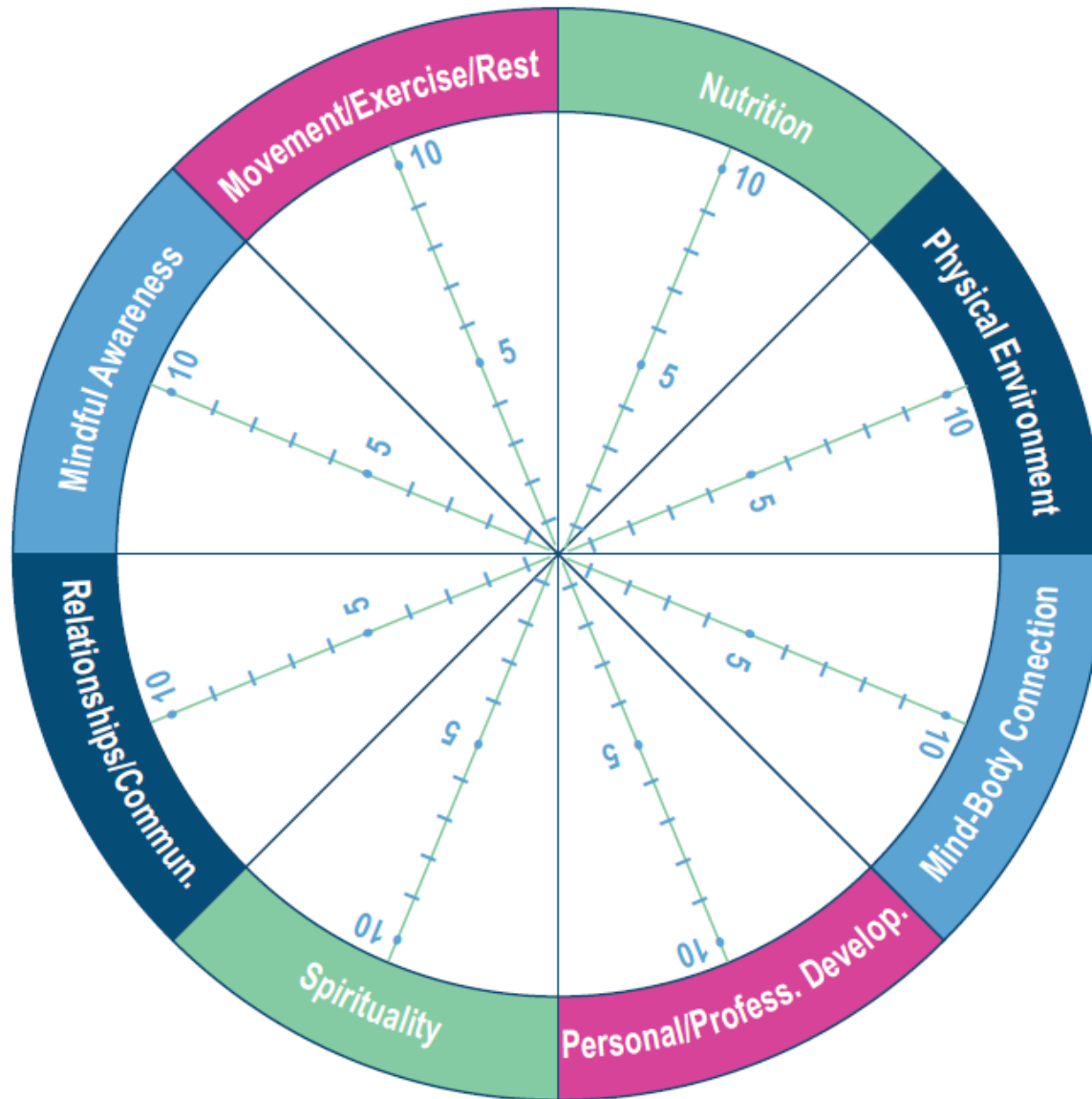
COFFEE WITH THE COACH 2024 WELL-BEING VISION

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Current State:
On a scale of 1 (low) to 10 (high), how would you **rate** each of these areas of your life?

How **satisfied** are you with the current rating?



Desired State:
On a scale of 1 (low) to 10 (high), how **important** is improving the area?

What is a word or word(s) to describe your **desired future state** in your important areas?

Movement/Exercise

- Stronger
- Fit
- Healthier
- Focused
- Varied daily habit
- Happy
- More flexible and better balance
- Vitality
- Balance
- Confident
- Core strong
- Calmness
- Avoid injury, illness
- Self-care
- Independence
- Enjoy travel
- Purposeful
- Care better others
- Showing up for myself and family
- Healthy mind
- Independence

Rest

- Short naps
- Going to bed early
- Take time for self
- Saying no
- Rejuvenation
- Bedtime routine
- Realistic daily limites
- Phone limits
- Finding moments
- Me time
- Schedule downtime/self-care
- Gratitude

Nutrition

- Mindfulness
- Portion
- Planning
- Protein/fiber
- Greens
- Energized
- Timing
- Slowing down to eat
- Intermittent Fasting
- Water
- Increased knowledge

Physical Environment

- Restful
- Organized
- Decluttered
- Peace
- Relaxing
- Productive
- Minimized
- Beautiful
- Serenity
- Contentment
- More space, fewer things
- Space that communicates with nature
- Inspired
- Smells
- Sounds- birds, music

Mind-Body Connection/ Mindful Awareness

- Journaling
- Balance/equanimity
- Quiet time
- Meditation
- Peaceful core
- Intentional
- Noticing things
- Talk to yourself- alone with thoughts
- Time with nature
- Being still
- Silencing and just be present

Personal/Professional Development

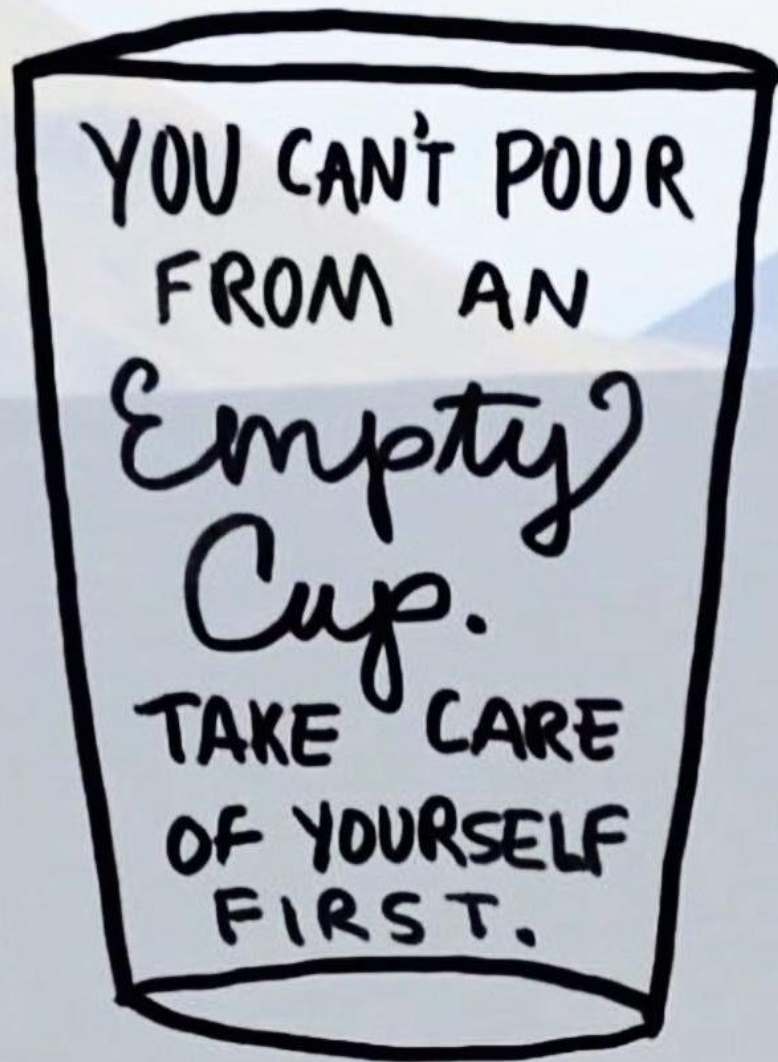
- Growth
- Intellectually challenged
- Job satisfaction; promotion
- More confident
- Empowered
- Achievement
- Progress
- Excited
- Proud of accomplishment
- Providing for needs

Spirituality

- Authentic self
- Grounded
- Volunteering
- Time to connect
- Peace, gratitude, wholeness
- Joyful
- Balance
- Open-minded
- Love
- Belonging
- Thoughtful, evolving
- Serve
- Community
- Acceptance
- Compassionate
- Gratitude
- Validated

Relationships/Communication

- gratitude
- Grateful
- Loved
- Appreciative
- Respected
- Relationships that help grow
- Sustained rather than drained
- Caring, non-toxic
- Healthy relationship with self
- Increased connectivity
- Trust



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From Words to Vision

- Turn words into a vision statement or word cloud
- Use these words to capture your new identity
- **Quarterly** focus to narrow in
- **Weekly** targets
- **Daily** focus on showing up regardless of how you feel

Activate Your Vision Using Habit Building Strategies

I will
(BEHAVIOR) at
(TIME) in
(LOCATION)

After I
[CURRENT
HABIT], I will
[NEW HABIT]

Journaling Questions

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?



UNC Wellness Centers Resources

- **Coffee with the Coach- Wednesday, February 14 at 2 pm. Topic: Building Connection in a Disconnected World. [Click here to register](#)**
- [Health Education Schedule - UNC Wellness](#)
- [UNC Wellness Centers - Meadowmont, NW Cary](#)
- [REX Wellness Centers | Raleigh, Cary, Knightdale, Wakefield, NC \(rexhealth.com\)](#)