



Homework for Strategy Session

I want to feel...

Think of 3 individual words that describe **how you want to feel**. Use a thesaurus if you need to.

For example: "I want to feel alive, authenticity, confident, rested, rock 'n' roll, openhearted, breezy, energetic,..."

Three of mine are:

I want to feel strong

I want to feel vibrant

I want to feel light

(All have personal extended meaning to me)

Describe a healthy you.

Fill in the blank: "A healthy *me* (*Your name*) _____..." Fill in the blank by **writing a full description of a healthy you**. It can be prose or bullet points, brainstorm or perfect sentence structure – whatever you like. Use any and all verbs like: is, does, shops like, looks like, eats like, runs like, has, can, feels...

For example: a healthy Andrea can run faster than an 8 min mile 5k. Is competitive in any race she wants to do within 3 months of training. Drinks ½ her body weight in oz of water every day. Sleeps 8 hours most nights. Feels happy most days. Etc.

And finally what do you hope to get out of our sessions? What would you like to achieve?