

## Focusing Health Choices

The client will arrive at health coaching with some idea (consciously or unconsciously) of the lifestyle they seek.

Use the following questions to capture a complete list of the health and lifestyle choices the client would like to make in their lives (Arloski, 2014).

Ask the client the following questions:

### Change

What health or lifestyle changes would you like to see in your life?

How will these changes improve your wellbeing (physical, mental, or otherwise)?

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### References

- Arloski, M. (2014). *Wellness Coaching for Lasting Lifestyle Change*. Duluth, MN: Whole Person Associates.

Dr. Jeremy Sutton