

JOVI'S NOTE:

"It's important to start from a place of celebration and gratitude. For many of us it's easier (read, we're taught/programmed!) to look for ways to improve immediately. And yes, while it's important to acknowledge our areas for continued development, when we begin our process purposefully celebrate our progress/wins and leaning into gratitude we invite the power of MOMENTUM to gently encourage us along our way. It's with this in mind that I offer these coaching questions to help you begin your Fit OnPurpose reflection."

FIT ONPURPOSE COACHING PROMPTS

1. How can I celebrate my health this year?

2. Who can I celebrate with?

3. How will I thank my body for how it has served me?

4. Who has supported my health journey? How can I thank them?

5. How have I affirmed myself along the way? (What specific actions, words spoken etc)?

6. How have I welcomed PEACE into my mind and soul? How will/can I celebrate that choice?

7. Who has supported my health journey? How can I thank them?

8. How have I affirmed myself along the way? (*What specific actions, words spoken etc*)

9. How have I welcomed PEACE into my mind and soul? How will/can I celebrate that choice?

10. How did my fitness/health help me show up in other areas of my life?

11. (Fill in the blank) My body has allowed me to successfully do:

12. How have I honored my body?

13. How have I honored and protected my mind? How can I strengthen this practice?

14. Do I have specific health or fitness goals? Why or why not?

15. If I do, where have I met my goals? Has there been any potential for continued growth?

16. Who can lovingly and effectively hold me accountable to the change I want to see?