

# MY VISION OF HEALTH

THEHEALTHCOACHCLINIC.COM

FIRST

LAST

DATE

**STAGES OF CHANGE** **GOOGLE STAGES OF CHANGE. WHICH STAGE DO YOU RELATE TO MOST?**

PRECONTEMPLATION

ACTION

CONTEMPLATION

MAINTENANCE

PREPARATION

TERMINATION

THREE MONTH SMART GOAL

WEEKLY GOALS

**NON VIOLENT COMMUNICATION AKA  
COMPASSIONATE COMMUNICATION  
GOOGLE NON VIOLENT COMMUNICATION.  
WHAT DID YOU DISCOVER?**

SIX MONTH SMART GOAL

MONTHLY GOALS

**PRACTICE  
USE NVC TO COMMUNICATE YOUR VISION OF  
HEALTH AND ASK WHAT YOU NEED OF  
YOURSELF TO BE SUCCESSFUL IN YOUR GOAL.**

I OBSERVE:

I FEEL:

I NEED:

REQUEST:

THINK ABOUT YOUR VISION OF HEALTH, WHO IS THERE CHEERING YOU ON?