

CREATING A WELLNESS VISION



WITH FIONA COSGROVE
CORPORATE WELLNESS COACH (MAST SPTS SCI, MAST COUNSELLING)

Many of us know we would like to change something in our wellness. Whether it is improvements in fitness, eating habits, weight control, stress management or other health behaviours, most of us know *what* to do. But we don't do it. What we need better information on is *how* to do it.

We are inundated with a wealth of facts on what is good for us in today's society. We are continually being told what we should do and what we shouldn't do. The word "should" usually denotes someone else's values, by the way. But, learning how to change our own behaviour is not easy.

"Just do it" might be a good slogan for Nike, but it's over simplistic for some of the complexities of life. Let's say, for example, losing weight is your number one wellness priority. We know we want to lose weight, we know we need to eat less or cut out the rubbish, so what do we do? Often we go on a crash diet, deprive ourselves with an eating plan that leads to low energy, demoralisation, rapid weight loss and equally rapid weight regain. Then we think, "We knew we couldn't do it", giving further evidence that we are not capable of taking control of our weight.

Rewind a bit. In fact, a long way. Before we begin any drastic action, it is a great idea to create a *wellness vision* of where we would like to be if we were at "our best". If it is focused on losing weight, ask yourself what you would like to look like and feel like if you were lighter. And when you are lighter, what will it be like living your life in your new body? Consider how would it affect people around you, what you would think about

yourself, about others, what else might change if your weight were to change. Take some time to write the answer to these questions.

Next, ask yourself what might get in the way of you losing weight. What are the challenges that come up and have defeated you in the past? Is there anything you can think of that would work to overcome these obstacles? What strategies can you come up with to fall back on? Again, make this a detailed analysis.

The next part of creating your vision is to think about your strengths. In general, we are incredibly bad at acknowledging what we are good at in life. But we all have hidden resources that we rely on in times of hardship. Think back to what else you have achieved in your life. What did it take to reach that goal? How could you use that quality, ability or talent to help you in this new endeavour?

This is the first step to building the strong foundation of your change journey.

You have identified the *why* - the deepest motivators that make you wish for change in this area of your wellness. It is important to keep these motivators in mind at all times, as they will sustain you along the way. A little preparation will be beneficial so, rather than rushing in with a higher possibility of failure, take time out and reflect on what you need to do to make the change that will last.

**In the next edition...
we will take a look at the *how*.**

Fiona Cosgrove

Fiona has owned and managed Health Clubs for over 20 years. She now holds a Masters degree in both Sports Science and Counselling, has worked for many years as a University Lecturer, a Life Coach, a Corporate presenter and more recently as a Wellness Coach. Fiona regularly presents to corporate clients on a range of topics including motivation, stress management, work and life balance. She is passionate about helping people and businesses discover their potential and fulfill it by opening the door to change. Through the vehicle of *Wellness Coaching Australia* and working with *Wellcoaches* in the United States Fiona organises executive wellness coaching, seminars and training. Her book "Coach yourself to Wellness" and accompanying Workbook is being launched in February 2008.

You can e-mail any questions you may have to:
fiona@fionacosgrovecoaching.com.au
or visit:
www.wellnesscoachingaustralia.com.au