

Jean's Sample Blueprint for Change

Focus Area	Nutrition	Blueprint for Change – Part 1
Strengths & Victories	I prepare and enjoy eating fresh salads 3 to 5 times a week.	
I have been taking time to educate myself on the right diet for my body's needs.		
Intention	My intention is to feel healthy and vital in my body; to get (keep) my family fit and more healthy.	
Goal	My goal is to implement healthy eating habits for my whole family, lose 45 lbs., and prevent diabetes.	
Challenges	I have failed with diets my whole life.	
It takes more time to prepare healthy meals.		
I use food for comfort when I am emotionally stressed.		
My husband and teenagers don't feel as though they need to change their diets.		
I will have to learn how to cook healthful foods in a more delicious, appealing way.		
Affirmation / Visualization	I enjoy taking excellent care of myself / family through healthy eating.	
I am getting healthy and slim - and I feel great about myself!		

Blueprint for Change – Part 2									
Action Steps	Date	Time	Su	M	T	W	Th	F	Sa
Do more research & design a nutritional program that will meet my weight loss / health goals	Mon	7 pm		✓					
Stay in my worksite wellness coaching group for support & accountability - OR hire a coach	Thurs	10 am					✓		
Take a class in healthful cooking to inspire me to learn how to create delicious, healthy meals	Tues	7 pm			✓				
Brainstorm (with my family) ways to change our eating habits	Sun	over dinner	✓						
Mind / Body Optimizing Practices	Date	Time	Su	M	T	W	Th	F	Sa
Drink 6, 8-oz. glasses of water daily	Daily	All Day	✓		✓	✓			✓
Say affirmations 10x / day	Daily	6 am		✓		✓	✓		✓
Manage my stress through breathing practices	Daily	Lunch	✓	✓	✓	✓	✓	✓	✓
Accountability	✓	Setting	When / Where / How						
	✓	Group	Workplace wellness group every other Thursday morning						
	✓	Buddy	Meet with Florence from group for lunch on "off" Thurs						
		Coach							