The Re-awakening (Revisit What They Told You in the Health Assessment)

- Have you thought about the health goals we discussed the other day?
- You mentioned that you wanted to get healthy because…..(her goals) I'm assuming they're still important to you, correct?
- We talked about that when you reach that goal, you'd start doing …. XYZ and that doing 123 would be easier or more enjoyable for you to do.
- You also mentioned that you thought getting healthier would improve your relationships with your children and spouse because…
- Are you ready to get started or do you have some more questions for me?

Some Questions to Ask

"Mary, I'm sure you've been thinking about what we talked about the other night. Have you thought about how this could help you (or others)?"

"What did you like best about what you heard?"

"If you were to do this, how do think this could impact not only your life, but the lives of others?"

For the Program: "If you're ready to get started, I'm ready to coach you. What would you like to do?"