



ARDOUR

Wellness

HEALING & HEALTH



Easing The Load Of Chronic Health

WITH MONIQUE GIBSON

WEEK 6

DEVELOPING A ROUTINE

ARDOUR
HEALTH
&
HEALING

WORK BOOK

www.ardourwellness.com

**FIND HEALTH.
FIND HAPPINESS.
FIND PASSION.**



Welcome!

So excited that you have registered for this pilot program. This program is all about using coaching techniques and mindset strategy for working with chronic health conditions. Your input and feedback is just as important as the content within the program.

This week's module is all about developing a routine. You have been learning all about creating individual habits, now it is time to string those together and build yourself some routines.

There are many benefits to this and you will learn all about them. Routines make you life easier. Without your awareness you are already living by routine everyday, almost all day. How conscious are you being of how your current routines are serving you?

When you can create purposeful routines you can start to move yourself to your goals at a steady and effective pace. It is all just a matter of awareness and self discipline.

Remember this as you go, discipline is freedom. It creates more freedom for yourself and helps you move towards exactly what you want.

Much Love and compassion as you go through your questions!

Monique Gibson



* Why are habits useful?

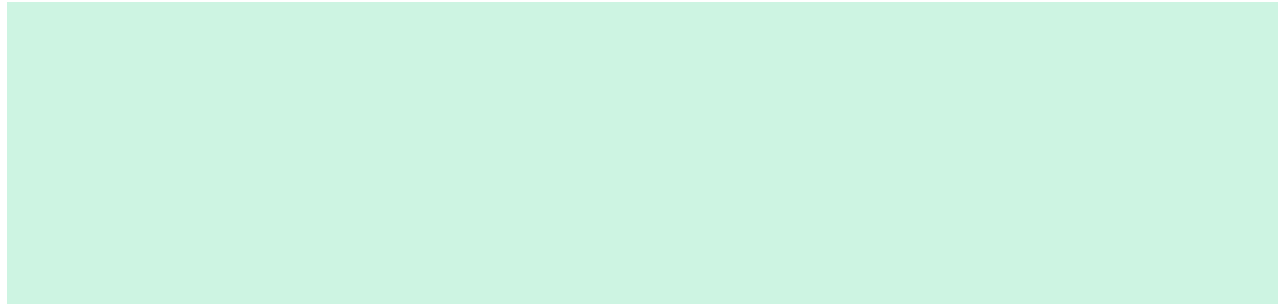
* Can you recognise any triggers you may have that have created a pattern of habitual behaviour (good or bad)?

* Pull out your vision from week 4, your vision is about who you want to be. Now we are going to look at what you want to do. It is time to start setting some goals. Start with writing your vision again and perhaps narrowing it down even more. I would like....

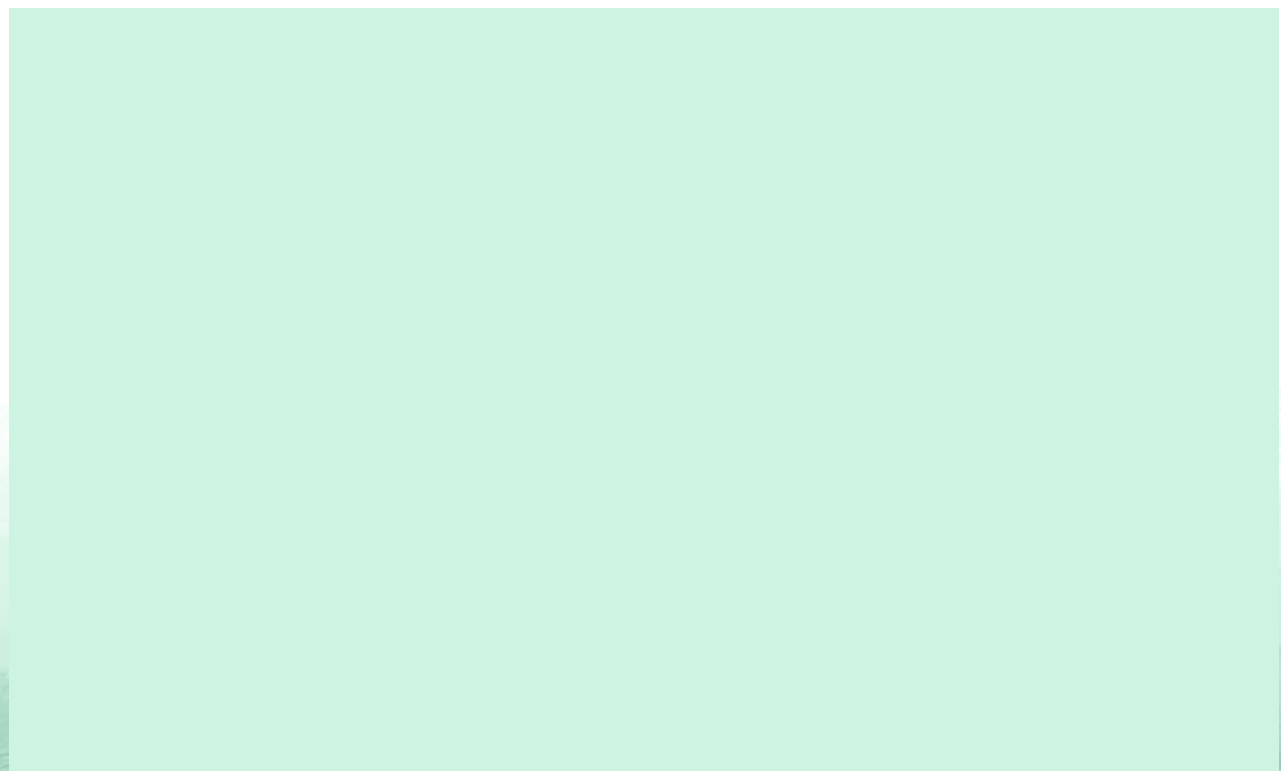
* The reasons I want this are... so that...

A large, empty rectangular box with a light green background, intended for writing the reasons for wanting a change.

* Some broad areas for change are...

A large, empty rectangular box with a light green background, intended for listing broad areas for change.

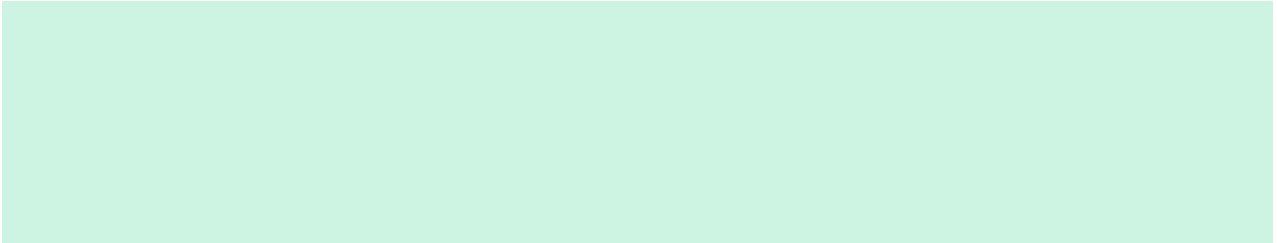
* Some of the obstacles that could get in the way are...

A large, empty rectangular box with a light green background, intended for listing obstacles that could get in the way. The bottom of the page features a decorative background of green waves.

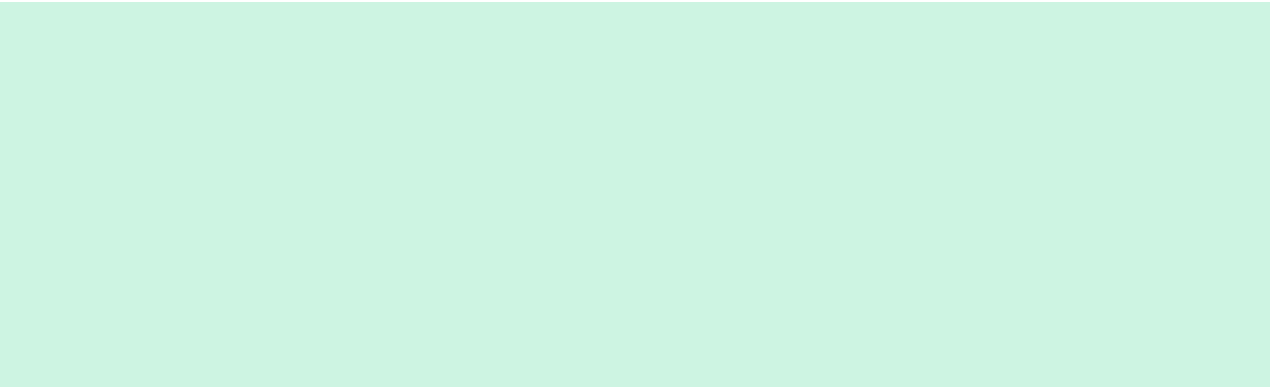
* My ideas for some strategies to overcome these obstacles include...

A large, empty rectangular area with a light green background, intended for the user to write their strategies for overcoming obstacles.

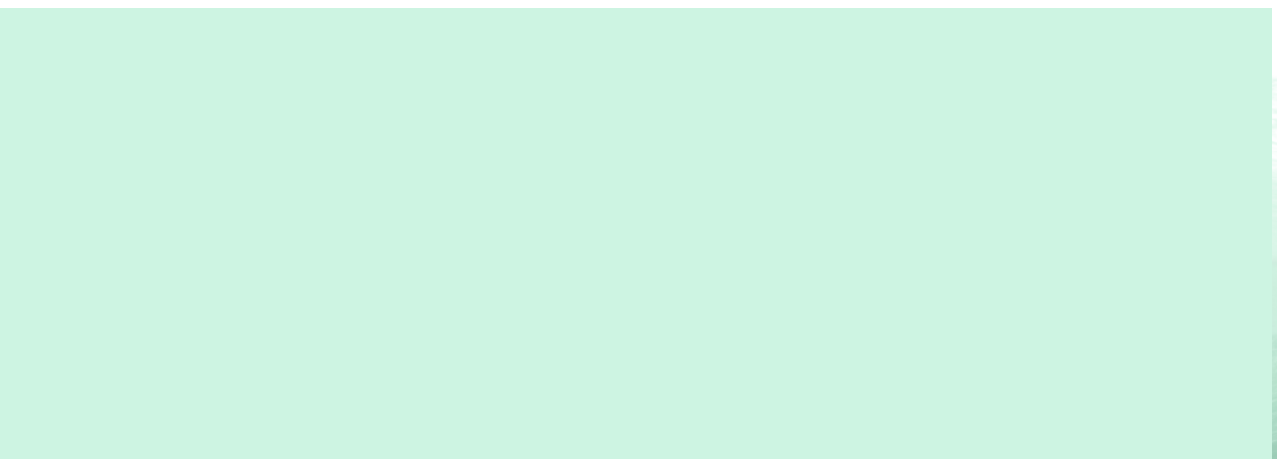
* The strengths (character strengths) or what I have going for me include...

A large, empty rectangular area with a light green background, intended for the user to list their strengths and what is going for them.

* What achievements from my past required effort on my part?

A large, empty rectangular area with a light green background, intended for the user to describe their past achievements that required effort.

* What did it take to succeed at these endeavors?

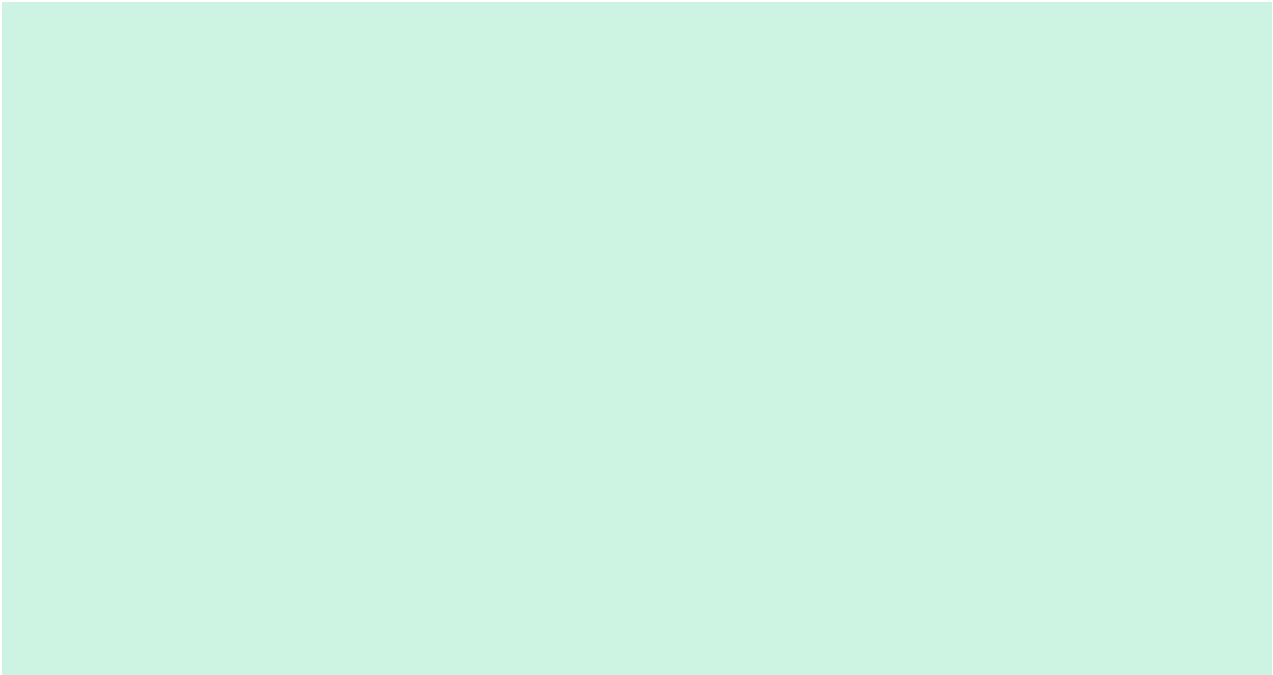
A large, empty rectangular area with a light green background, intended for the user to explain what it took to succeed at their past endeavors. The bottom of the page features a decorative background of green waves.

* How could I use those strengths to make the changes I would like to make in my wellness?

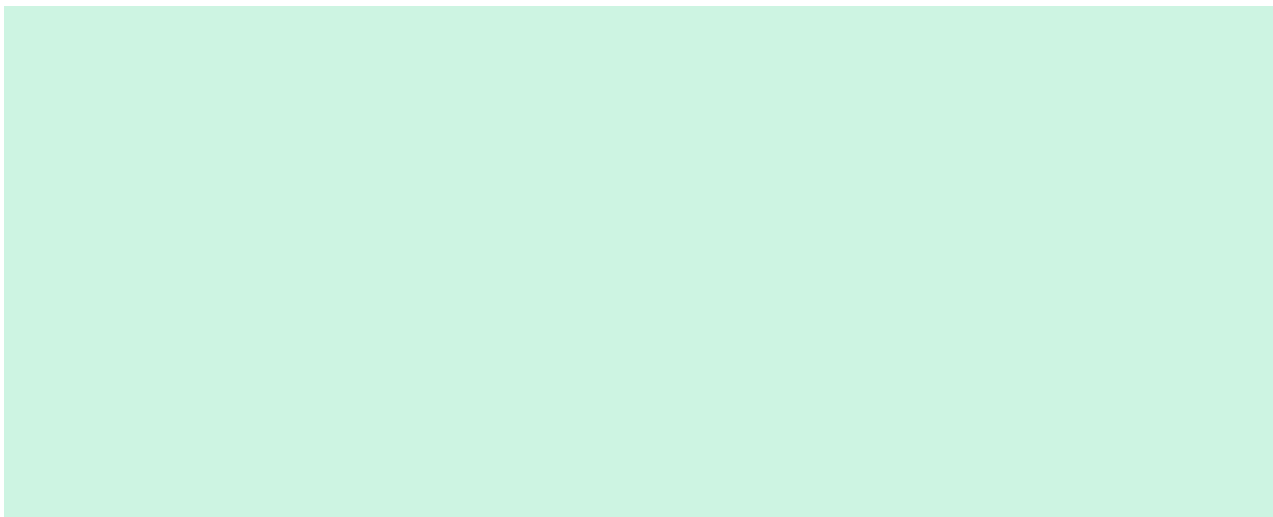
* In three months time what are 5 different behaviours I would like to be doing on a regular basis that will get me closer to my vision?

* With my three monthly goals in mind, what small steps would I like to take in the next week that are moving me towards accomplishing my three monthly goals? Make them SMART goals.

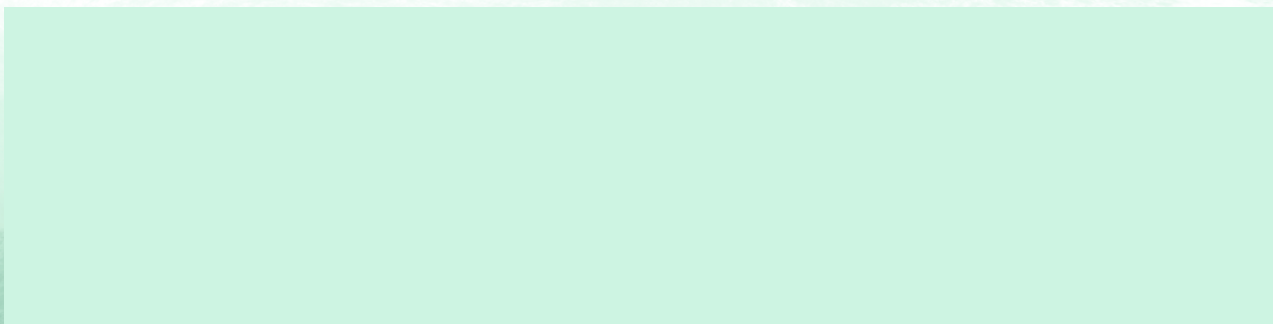
- * Do you feel ready, confident and interested in the goals you have set? Rate each individual goal out of 10 for each topic, Confidence, readiness, interest in achieving. 1 being not at all and 10 being yes, absolutely!

A large, empty rectangular area with a light green background, intended for the user to provide ratings for their goals.

- * Were any of your ratings below a 7/10? If it is below a 7/10 it is very unlikely you will follow through with that goal. So, what needs to happen to bring that score higher for any goals that are below a 7/10?

A large, empty rectangular area with a light green background, intended for the user to reflect on any goals with ratings below 7/10 and describe what needs to happen to improve them.

- * What have you learnt about yourself this week that has stood out the most? What has been your biggest takeaway?

A large, empty rectangular area with a light green background, intended for the user to reflect on their biggest takeaways and learnings from the week.

**IT IS THE CHALLENGE
TO DO BETTER THAT
WILL KEEP ME FROM
STAYING DOWN**



