



# ARDOUR

Wellness

HEALING & HEALTH



## Easing The Load Of Chronic Health

WITH MONIQUE GIBSON

## WEEK 4

BUILDING MOTIVATION

ARD  
HEALTH  
&  
NG

## WORK BOOK

[www.ardourwellness.com](http://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 building motivation. This is when things are going to start to get exciting because we are shifting the focus. Instead of focusing on the things you need to move past, this week it is time to focus on what you are moving towards.

It is time to get super clear on your WHAT and your WHY. Be completely open and honest with yourself. Allow yourself to dream this week. Do not hold back on your desires. If you do not be honest with yourself on what you truly deeply desire, then how do you expect yourself to get there?

Your vision is one of your most important elements to accomplishing your goals because it is what is going to keep you on track. Create a vision that makes your heart sing and make you want to dance around the house with the idea of having it come to reality.

All the best! With all the love and compassion

*Monique Gibson*



\* What are you really happy with in your life? What is working well?

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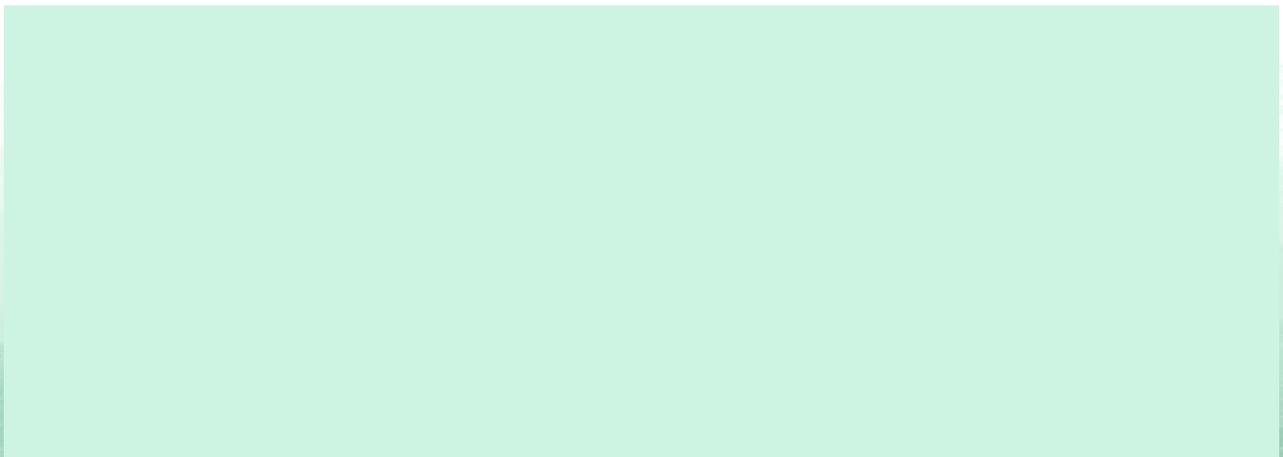
\* How does it feel to reflect on the things that are going well?

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\* What would you like to be doing better? Even when you are feeling grateful for all you have, how can you make it even better?

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\* Why do you want that to happen?

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\* Go through the Wheel of Life Exercise

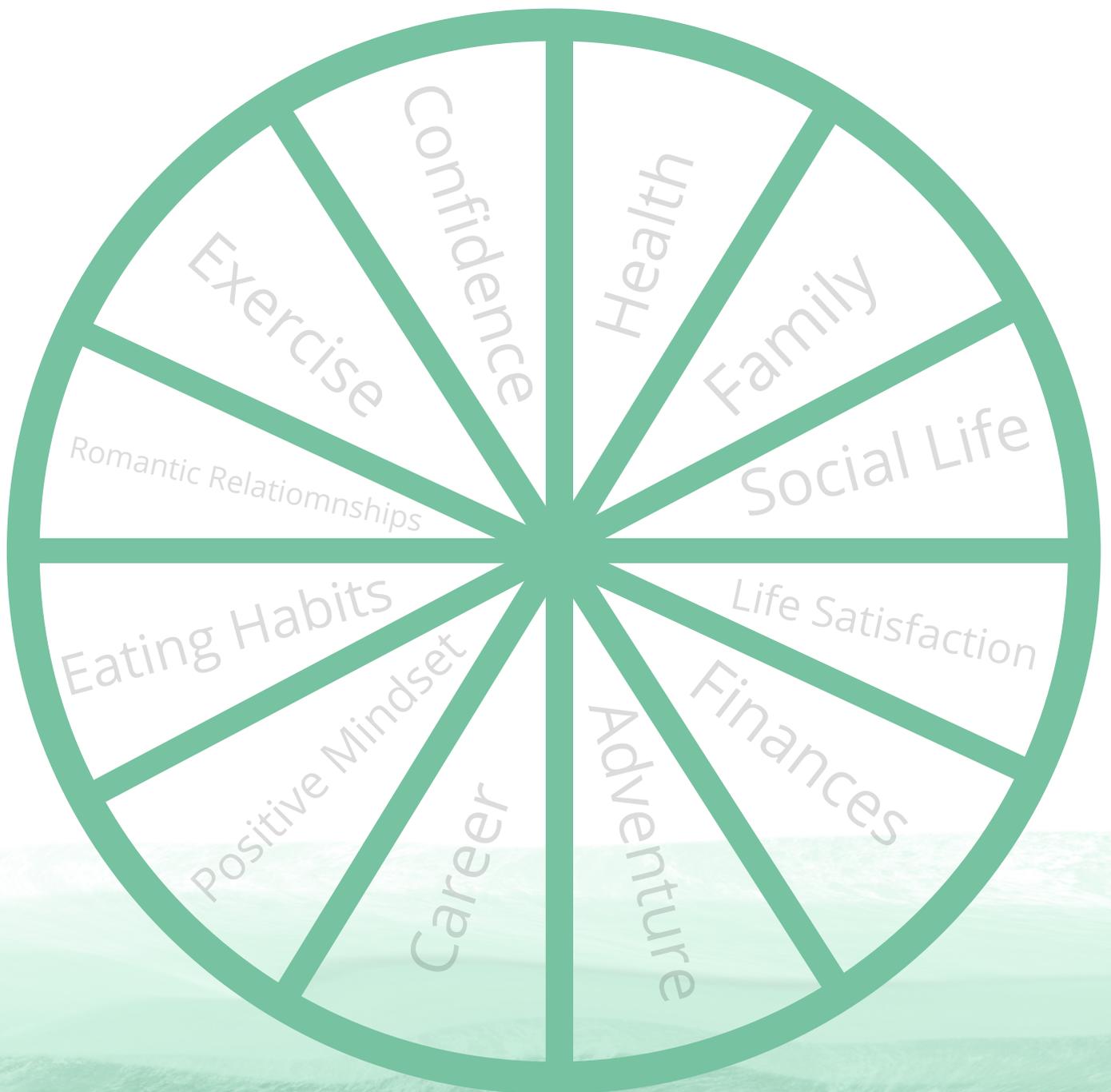
Rate each section with 3 different rulers, 1 in the centre of the wheel and 10 the edge

1) On a scale of 1-10 how satisfied are you will that area? 1 being dismal, 10 being the best thing in the world

2) On a scale of 1-10, how important is that area? 1 being not important at all, 10 being the highly important

3) On a scale of 1-10, how much time do you spend on that area? 1 being no time at all, 10 being a great deal of your time

It is really helpful to come back to do this Wheel every few months to see how you are tracking with things. The aim is to get the wheel running smoothly, so equal levels on the different sections.



\* What has doing your life wheel made you aware of that you were not aware of before?

\* It is time to start creating a vision, start exploring what your priorities are. Reflecting on your wheel of life, where would you like to focus on right now?

\* Put your vision in to a statement made up of 2-3 sentences. "I would like...."

\* If you could change that, what else might change? "I want the above, so that...."

\* How would you feel about yourself to have this?

\* How would that affect people around you?

\* What is important about this change? Why do you want it?

\* What values does it represent? Refer to the core values exercise.

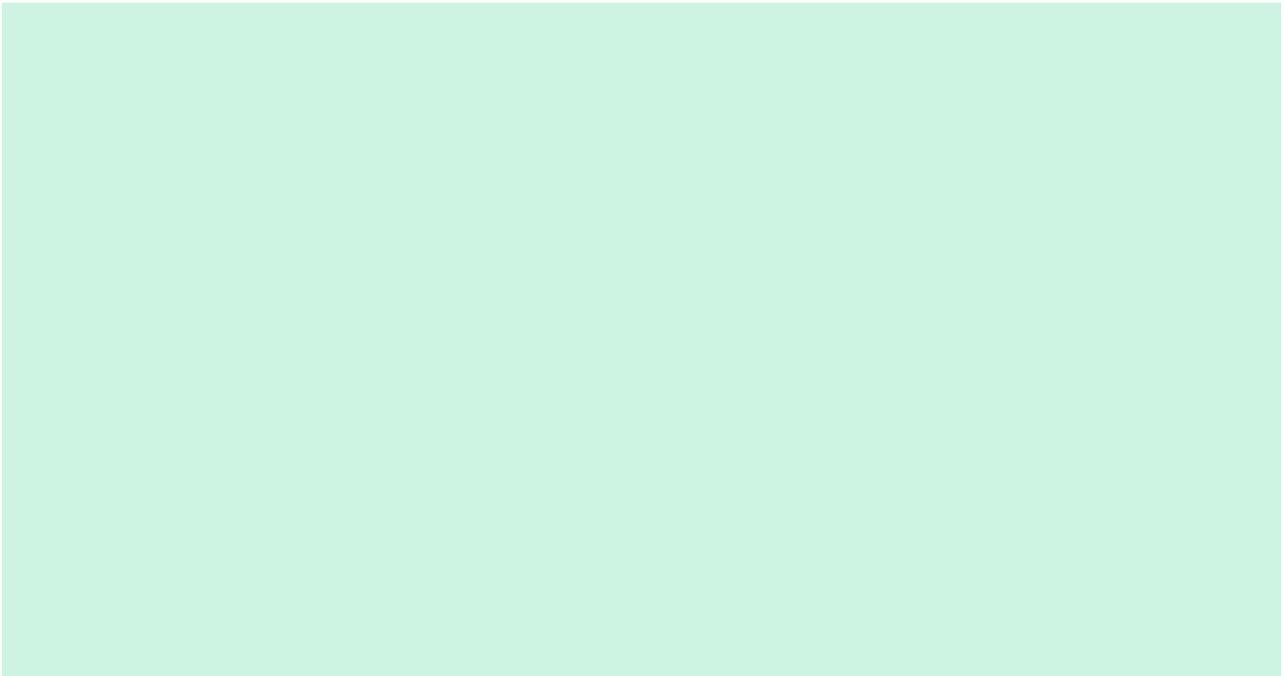
\* Whats stopping you at the moment?

\* What behaviours do you need to change that will help you get started?

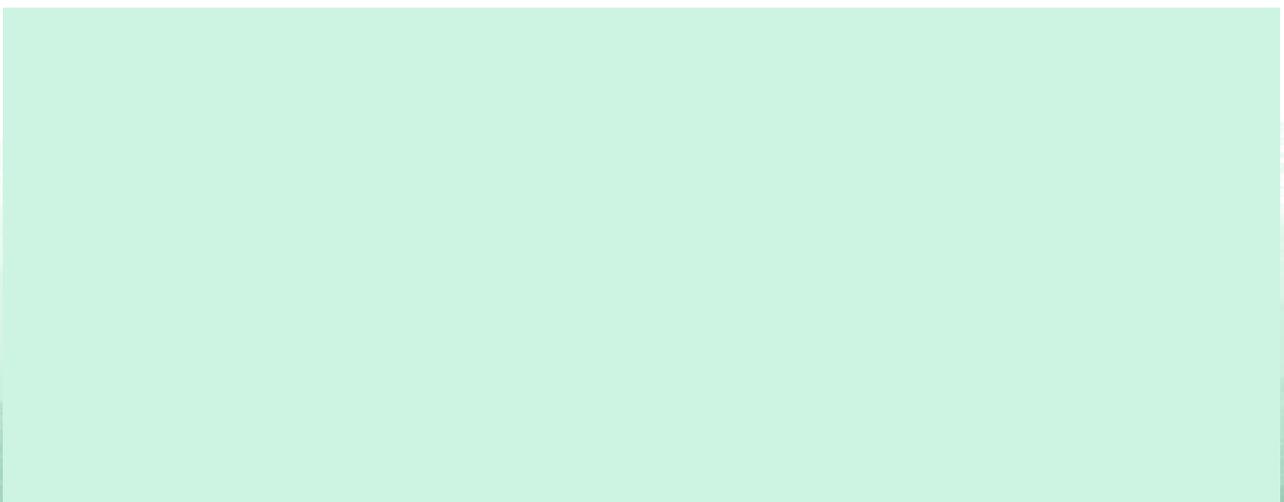
\* What could get in the way?

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\* What are your strategies to get around the above obstacles? What do you need to put in place to prevent them before they happen? What thoughts do you need to stay strong on the make sure you do not get caught up in those obstacles?

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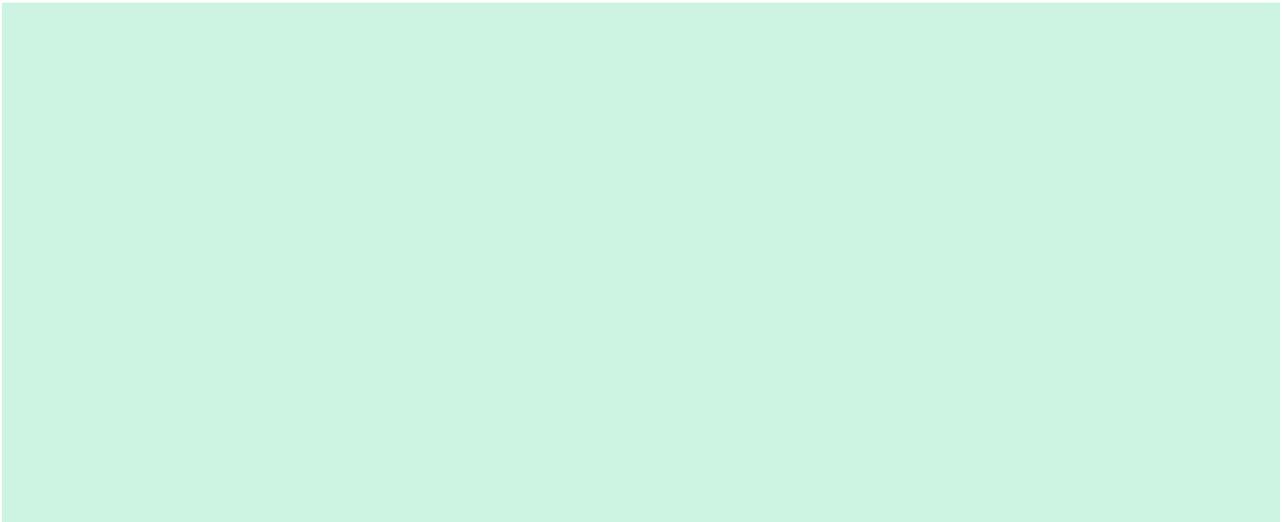
\* How will it feel to overcome those obstacles?

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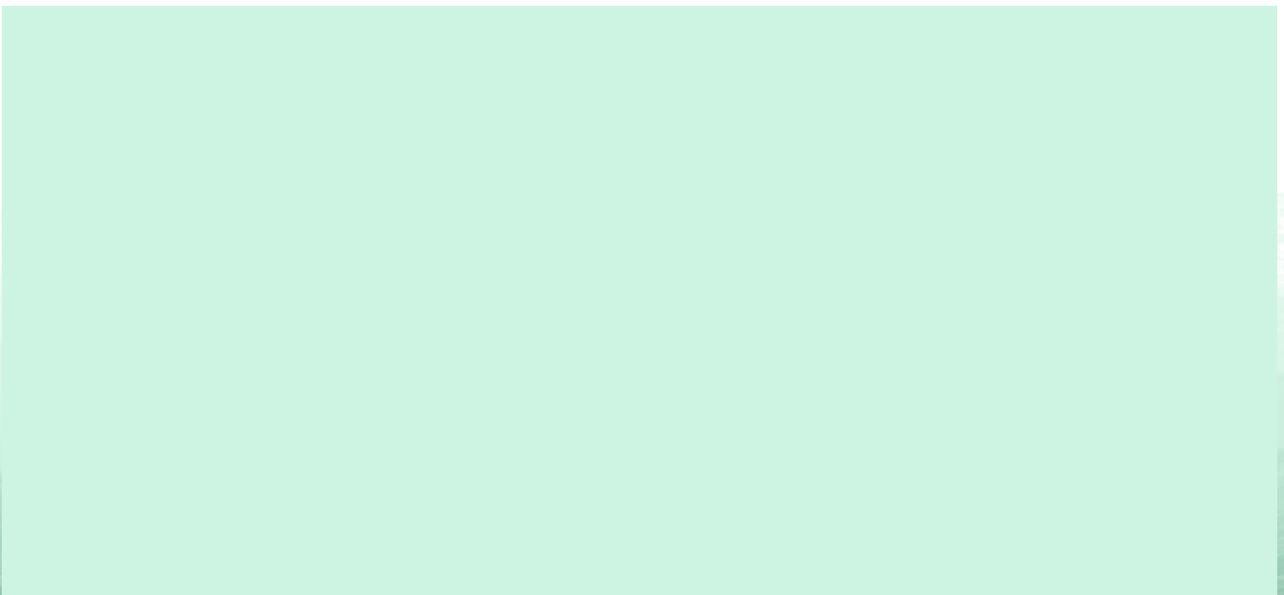
\* What is the cost of not changing?

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\* Why does this change need to happen now? Why not in 12 months time?

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\* Give yourself extra motivation, really tell yourself why this is important and why you can no longer go on without moving towards your vision without all of the determination and grit you can muster? Why it really truly have to happen right now?

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



