

Action Coaching Graph

Taking information from the client intake as well as their feedback, fill in the graph below. Do one graph for each of the systems (mental, emotional, physical, and spiritual). First have your client fill it in and then you'll add to it; this will become their Wellness Action Plan.

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| Thing identified (habit, thought, action, choice, perspective) | Out of balance (not leading towards wholeness & desired  results) | In balance (leading towards  wholeness & desired result) | Steps to take that will lead towards balance, wholeness & desired results |
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