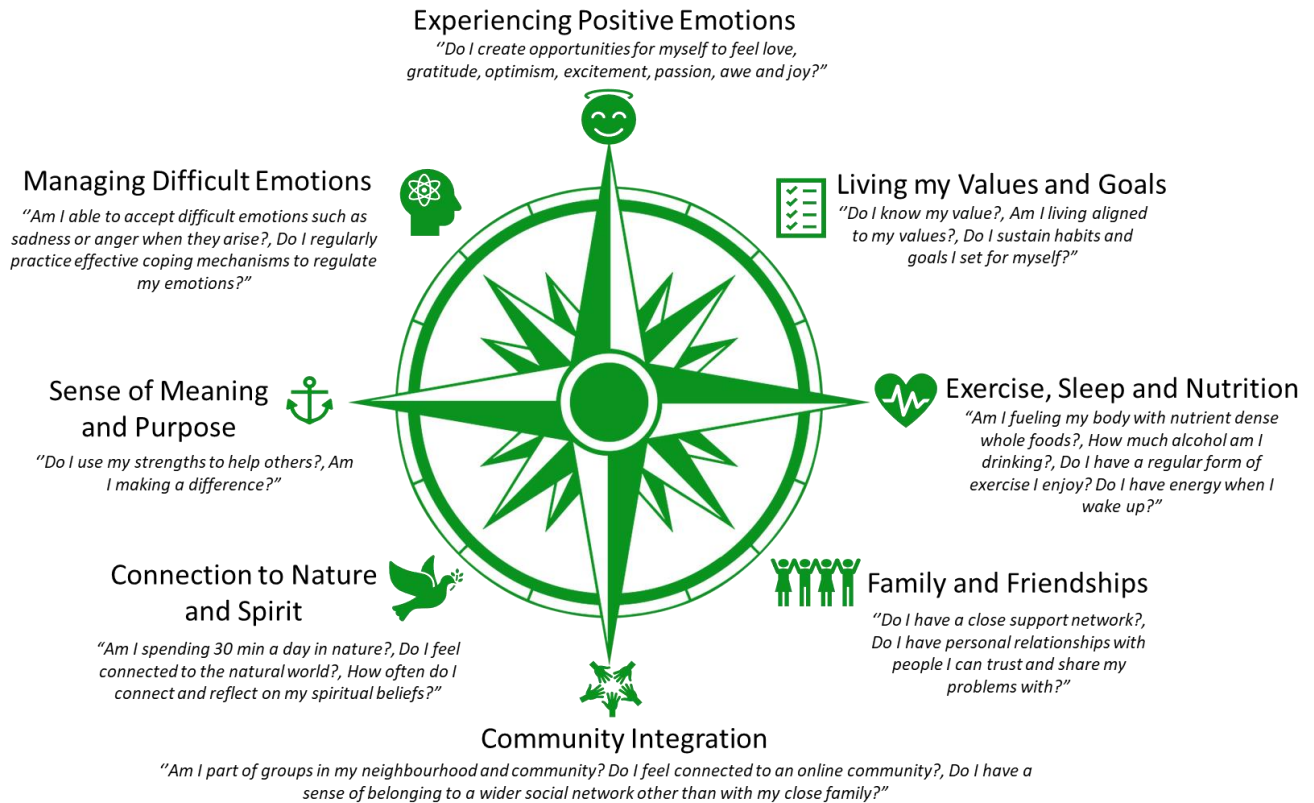


Citron Wellbeing Coaching Compass



Which domain do you want to focus on and why?

Coaching questions to clarify, plan and reflect

- ❁ What are the uncomfortable thoughts and feelings that come to you when you consider that area?
- ❁ What is one small daily habit that you will develop?
- ❁ When and where will you perform this?
- ❁ What changes can you make to your environment to make it easier to perform this behaviour?
- ❁ How can you use your social network to support you?
- ❁ Can you join a community of people with similar goals?
- ❁ What are the benefits of this new behaviour?
- ❁ How will you reward yourself for this new behaviour or achieving that goal?
- ❁ How will you track your progress?
- ❁ What have you learned about yourself?