



June 2022  
Health Coaching Hints

Schedule your  
health coaching session  
with Erika today!  
(509) 392-7047

Mid-Year Goal Check

## June 2022 Health Coaching Hint “HOW TO STAY ON TOP OF GOALS”

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It's hard to believe it's already June and we are half-way through the year!

A lot can happen in six months, let alone a couple of weeks. Taking the time to pause and reevaluate where you are in relation to your health and wellness goals is a great way to make sure you stay on track.

To help you renew your motivation towards your goals, start with the four R's:

- 1. REASSESS:** Take a moment to check-in with the goals you set with your medical practitioner and with yourself. If you are due for a follow-up appointment, now is a great time to get that scheduled.
- 2. REDEFINE:** Do the goals you set at the beginning of the year still matter to you? As time goes by, what we want to achieve and the circumstances we find ourselves in can change. Check-in with yourself about where you are now and where you want to be by the end of the year. In what ways can you redefine your goals to better reflect those changes?
- 3. READJUST:** What adjustments can you make to get your goals back in line with where you are now and where you want to be? If enough has changed, you may want to redefine the steps needed to get you through the rest of the year.
- 4. RESTART:** Break any adjustments down into smaller, achievable steps to increase your chances of success. Give your actions specific dates for when you plan to start and when you want to complete them by.

Remember, perfection is not your goal. Instead, focus on moving forward towards the person you want to be while meeting the needs of who you are today. If you are not sure where to start or would like some extra accountability towards meeting your health and wellness goals, consider working with our health coach, Erika Zink.

If you want to learn more about how health coaching can help you to get back on track, schedule an inquiry call with Erika today.