



# HWLE HEALTHY HABIT COACHING CHEAT SHEET

## What is the Healthy Coaching Habits Scale?

The Healthy Habits Coaching scale is a tool to determine a client's readiness for change. By asking a client how confident they are on a scale of 1-10 that they can successfully implement the habit you propose for them, you are able to adjust it to their ability and confidence level to make sure they succeed.

## Why do we use it?

We use the Healthy Habits Coaching Scale to assess client's readiness to change and have them involved in the process. It is a dialogue between you and the client. You aren't telling them what to do, but rather involving them in the process and determining a plan together. This makes them more accountable and involved in their success!

## STEP ONE:

Introduce one specific habit to the client. The habit should be very clear and when you check in with them, the client should be able to provide a yes or no answer to if they followed it each day.

*For example - Drink 3 Litres of water per day*

## STEP TWO:

Ask them on a scale of one to ten, with one being "NO WAY!" and ten being "YES, 100%", how they feel about incorporating this habit everyday for the next week.

*For example - "On a scale of 1-10, how confident are you that you can drink 3 Litres of water every day for the next week?"*

## STEP THREE:

If the client says 1-5: Scale back the habit drastically and repeat steps 1 & 2

*For example - Drink 1 Litre of water per day*

If the client says 5-8: Scale back the habit slightly and repeats steps 1 & 2

*For example - Drink 2 Litres of water per day*

Keep repeating steps one and two and scaling back the habit until the client can confidently say a 9 or 10 on the habit scale.

**Once the client says 9-10, that's their new habit! Talk to them how they can start implementing this right away :)**

\*\*\*Please note that for the final exam we want to hear you scale the habits, so please don't have your client say 10/10 right away, otherwise we can't see your fabulous coaching skills!\*\*