

Time Line – Health Coaching

- Can be used with current behaviours to see what their future may look like if they continue with these behaviours
- Can be used to envision a better future self and then looking back to see what changes they can make to take them there

As you go through this exercise, read the questions and directions exactly and record their verbal responses exactly, word for word. These responses you will review with them at the end of the exercises and give it to them when they leave.

Also, record any clear visual changes you note in posture, facial expressions etc.

Current Behaviours

Have them stand, take a few calming breathes.

Are you ready? *(if yes, proceed, if no do they want to postpone or just need more time to relax)*

Where is your future? Is it behind you, in front of you, to the left or to the right, or other? Please point in that direction. *(they point briefly)* **Looking in that direction, envision yourself 3 years down the road with your current behaviours and lifestyle continuing just as they are today.** *(pause)* **Can you describe that future you?** *(record their answers)*

What are you doing?

What are you saying?

What are you wearing?

What are others saying about you?

How are you feeling?

What is your sleep like?

What emotions do you feel?

What is your level of happiness?

Come back to the present.

Ultimate You

*Now have them envision themselves 3 years down the road as they want to be. Give long pause here so they can really think about what that looks like. Ask them to nod when they are ready. Repeat all questions. **(record their answers)***

What are you doing?

What are you saying?

What are you wearing?

What are others saying about you?

How are you feeling?

What is your sleep like?

What emotions do you feel?

What is your level of happiness?

Ask them to physically walk to that place in the future.

Ground yourself in that ultimate you. Let yourself feel what it is like to be there.

Describe how you are feeling. *(record their answers)*

Now staying in that future you, turn and look back to the present. (where they were initially standing.) **What steps do you see that have lead you to this Ultimate You.**

(record their answers) *Allow them to stay there for a few minutes and really get a feeling of how it is to be there. Watch them for physical changes in facial colour, posture, facial expressions, etc. **(record their changes if any)***

When you are ready, walk back to the present.

Their choice: Then you can either give them their answers to review on their own, or review them together. Decide together what to do with this experience and the information they have learned about themselves.