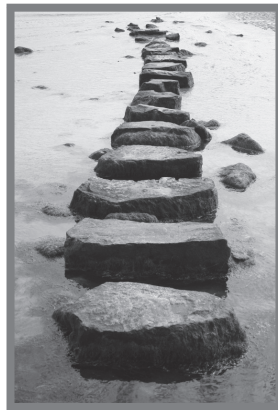




**PATHS of WELLNESS**  
**GUIDED JOURNALS**  
VOLUME ONE

*Your Journey  
to a Healthier Life*

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***Your Journey to a Healthier Life***  
***Paths of Wellness Guided Journals, Volume 1***

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This guided wellness journal belongs to



The journey was begun on

## THE JOURNEY BEGINS . . .

Think of this guided wellness journal as a tool for you to use in crafting the kind of healthy and well life that you want. Although you can use this journal on your own, the best way to work with this tool is with others through individual or group wellness coaching. My coaching colleague, Pat Williams likes to say “If you could have done it by yourself, you probably would have done it by now.” Lifestyle change is much easier when we work with an ally or allies.

This guidebook will help you chart and navigate your way through the wellness coaching process and ultimately to lifestyle changes that last. Many of the tools and methods in this guide are presented in the book *Wellness Coaching For Lasting Lifestyle Change* (also by Michael Arloski). Through the work you do on your own, or with your coach or coaching group you will discover new insights about yourself and your way of living and translate them into action. This guide will provide you with ways to stay organized and on track. Think of it as a place where you can store what you need for your journey, kind of like a suitcase or backpack. It contains your map, compass, and gear for all kinds of weather and other challenges!

Remember that like any *trip* that becomes a *journey*, much of the adventure and reward is along the path, not just at the destination. Enjoy what you find along the way. Don’t become so concerned with your outcome and lose your experience of the right here right now. At the same time we might say *keep your eyes on the prize*. This guide will help you do both, as will the coaching process.

Create your vision of a healthy and well life. Take stock of your life. Map out your course. Enlist the support you need. Reflect deeply. Keep track of where you are and where you are going. Acknowledge the challenges and the joys life brings.

Celebrate success! Happy traveling!

Michael Arloski, Ph.D., PCC

*“And so I feel compelled  
to inquire into the art of facing things—  
facing ourselves, each other, and the unknown.  
It is something we cannot do without,  
for facing things is what courage, at its  
most fundamental level, is all about.  
Without this, we replay and pass our suffering  
on to others repeatedly . . . every time we face  
our own pain at being broken, we dissolve  
the heart’s need to relive the break.”*

—MARK NEPO  
*Facing The Lion, Being The Lion*

## YOU WHO LEAD MUST FOLLOW . . .

The Wellness Mapping 360 process was developed to make the journey of lifestyle change easier. This wellness guide gives you a step by step process that will move you on your personal wellness journey. It matters not how far you need to go—it all begins with one step.

We encourage you to be compassionate with yourself as well as courageous enough to truly work the self evaluative part of the process.

The way the Wellness Mapping 360 process works is for you to:

- Explore and take stock of your health and wellness
- Make a plan or map
- Track your progress
- Celebrate your successes—each step, no matter how small, is a success to be celebrated

*It is time to blaze your own trail.*

*So find that compass and let's go!*

## THE JOURNEY BEGINS HERE!

Each step on the path is a choice that you can be proud of making, though it is not a journey you have to take alone. In fact there is no benefit in going it alone!

All people are unique and bring something of value to the table. What “Wisdom” have you picked up through your life experiences?

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What do you already know about life and health that you need to remind yourself of?

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## USING THE WM 360° GUIDED WELLNESS JOURNAL

The Wellness Mapping 360° wellness guide is divided into sections. We recommend using one section of the journal a week with two weeks being spent on sections three, four, and nine. If you are working with a wellness coach or coaching group, the 12 week format adds structure and promotes movement. On your own you can take longer and move through the material at a pace that is right for you. Too slow and you will possibly not stay focused and on track. Too fast and you might not reflect enough on the powerful questions. Take your time, be thoughtful, yet let it move you along like a current in a river.

We used a format that will move you from self-reflection and guide you through the mapping-choosing-doing-and celebrating phases of change. This guide combines WM 360° tools with powerful coaching inquiry to support your forward movement.

What you need to know:

- This is a linear process—do begin at the beginning.
- A 12 week journey is suggested, following the sequence recommended in the table of contents.
- This is a journey that works best when supported by a Wellness Coach.
- You may work this guide with an individual coach or as part of a wellness coaching group.
- You do not get to be wrong! Change is not about being wrong or less. It is about truly becoming aware of the choices you make and making different choices on a daily basis.
- This guide is yours and it can be kept private.
- After 12 weeks it is beneficial to keep your guided journal as a reference. It will contain your Wellness Life Vision Statement, your Wellness Plan, etc. Keep your wellness journey on track by journaling on your own and copying the Wellness Mapping 360° Weekly Tracking Forms in the back of the wellness journal.
- Check with your doctor for guidance concerning lifestyle change.



## THE WELLNESS COACH

- Focuses on the who (you) not the what
- Focuses on the whole person
- Might not be an expert in every area of wellness, but has skills to bring out the best in people and help you find and follow through on resources and solutions
- Provides resources
- Helps you remove obstacles
- Supports your well-being so you can learn, solve problems better and enhance your own efforts
- Addresses and recognizes the emotional side of things
- Promotes personal and professional development and growth
- Creates agreements to hold you accountable to yourself
- Is a lifestyle behavioral change specialist
- Is not a therapist

# CREATING THE COACHING ALLIANCE

Get clear on coaching

Be clear about who's responsible for what

Create agreements rather than having assumptions

Design your schedule to meet the needs of you  
and your coach

The coaching relationship is built on trust and trust is formed by the consistent presence of integrity, competence, and compassion.

My coach's name is: \_\_\_\_\_

I meet with my coach (or coaching group): \_\_\_\_\_

My hopes for wellness coaching are:

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My fears about wellness coaching are:

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*A journey of a thousand miles  
begins with one step.*

## CROSSING THE CHASM

*Welcome!*

Imagine you are approaching a guide standing at the beginning of a footbridge across a deep chasm. On the other side is a bright new land that appears inviting, bountiful and everything you would want in a beautiful place. The guide looks however you want them to look . . . female, male, old, young, in flowing robes or a three piece suit. They smile a genuine, warm smile and invite you to cross over the bridge with them into a new life.

The bridge may look like solid concrete to you, or perhaps it looks like it's made from fragile ropes and twisted vines. The risk is what you perceive it to be, but the other side is calling with much promise.

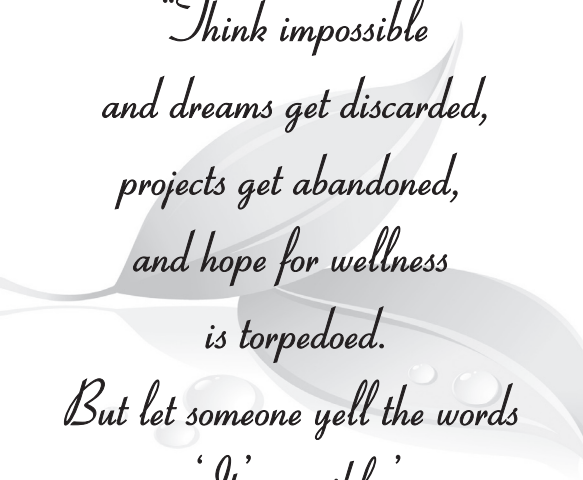
You turn and look around at the landscape you are standing upon and are so familiar with. You realize that the other side of the chasm is really very similar, that by going over there you will not be leaving everything you know behind. You remember how comfortable you are in many ways with the land you are still standing on, even comfortable with things that work against you instead of for you. Yet, you are not content and, when you are honest with yourself there are reasons to leave this place, to move on. There may be pain and difficulty to be left behind, perhaps failure and even shame. You know that if you stay here you can never really be healthy and well the way you really want to be.

It is your choice to accept the invitation to cross the bridge. You do not have to do it alone. The guide is there to accompany you, yet you must choose to place each foot in front of the other and step forward into a new way of being.

## TABLE OF CONTENTS

Below you will find a table of contents with a suggested amount of time for individuals to spend in each section. If you are working this guided journal with a coach or in a wellness coaching group your coach or the group guide will set the pace based on agreement. Wellness Coaching Group Guides will find more about Wellness Coaching and Wellness Coaching Groups at the end of this Guided Journal.

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*“Think impossible  
and dreams get discarded,  
projects get abandoned,  
and hope for wellness  
is torpedoed.  
But let someone yell the words  
‘It’s possible,’  
and resources we hadn’t been aware of  
come rushing in to assist us  
in our quest.”*

—GREG ANDERSON