

## GROW Coach Model Handout for Week 2

Hello ME!

We are now in week 2 and this is a Think Week.

Think Week is time for you to really *think* about your goals and how you are doing. It may be a time for you to re-evaluate or set new goals.

Since we are all new to the program, this will be a great opportunity for you to complete your questionnaire and set goals if you have not already. Fine tune your goals and post them in a place you can see them.

Here are a few things for you to think about during your Think Week:

- **Identify your barriers.** What might get in the way of you being successful in making lifestyle changes? Once you identify them, it is easier to come up with a solution.
- **Create a healthy food environment.** Do you need to clear out unhealthy foods that are not going to support your goals? Do this at home and at work; we all know eating healthy at work can be a challenge! Remember--what you bring into your home or work environment to eat will determine your success.
- **Plan for activity.** Review your schedule and decide when you will make time to be active. Now is the time to commit to increasing your activity.

Have a great week of thinking!

Thought for the week:

*Vital change can't be forced. It begins with embracing where you are right now.*

