



From KNOWING to DOING

Change is hard. Even when you know what you want to do, changing familiar patterns takes intention, awareness, and practice.

My coaching process helps you clarify what matters, deepen self-discovery, understand where you are today, and turn your intentions into meaningful actions that fit your life.

01 - CREATE YOUR VISION

CLARIFY WHAT YOU WANT AND WHY IT MATTERS

What matters most to you right now?

What do you want more of?

02 - WHERE ARE YOU NOW?

AN HONEST LOOK AT YOUR STARTING POINT

What's working well?

What's getting in the way of where you want to be?

If nothing changes, what concerns you?

How would life get better if you made and sustained the changes you want?

What might become easier?

03 - CHOOSE YOUR BEHAVIOR

WHAT DO YOU WANT TO WORK TOWARDS OVER THE NEXT 3-6 MONTHS?

S <i>Specific</i>	<i>What exactly will you do?</i>
M <i>Measurable</i>	<i>How will you know you are doing it?</i>
A <i>Action-Oriented</i>	<i>What is directly within your control?</i>
R <i>Realistic</i>	<i>What feels achievable?</i>
T <i>Time-Bound</i>	<i>When and how often?</i>

Behavior Goal

1

Focuses on what you control

I will walk for 30 minutes 3 times
a week after lunch

Outcome Goal

2

Focuses on a result

I will lose 5 pounds

Start with the behavior. The outcome is influenced by many factors, while consistent actions create the foundation for positive, lasting change over time.

04- FIND YOUR FIRST NEXT STEP

WHAT IS ONE SMALL ACTION YOU CAN TAKE THIS WEEK?

What will you do? When and where?

What might get in the way? What's your backup plan?

From Intention to Action

Good intentions
become meaningful, sustainable habits
through small actions repeated over time

Catherine Russ

Health and Wellness Coach



919-998-8055
www.selamatwellness.com
selamatwellness@gmail.com
Cary, North Carolina