

# Coaching diary

Relapse, postponement and resistance. It's all part of behavioural change. Without stagnation, a change in behaviour is impossible. Don't let it get you down, but see it as a possibility to break through some old patterns. This coaching diary can help you in that process. Make an appointment with one of the BBB coaches for a "10 minute lifestyle coaching". Together we can look at your motivation and set some new goals.

## Good luck!

What do you want to achieve? What are your goals concerning weight, lifestyle, health and behaviour?

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What crosses your path whilst trying to achieve these goals? What gets in the way of you achieving these goals? What is at the heart of these problems?

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Which solutions can you come up with to improve the situation? What could you do to get around these obstacles?

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How have you been able to achieve these goals in the past? What did you do differently? Is this a method you could use now?

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New steps to change your lifestyle:

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