

Webinar 11 Handout: I ROCK

Use the corresponding tool when you have been working with a client for a while and want to review how far he/she has progressed. Highlighting accomplishments can help clients feel that their hard work is paying off, even when they may be struggling to meet all of their goals. Here are some examples.

I Rock! I've accomplished . . .

LAumpic	: Drinking 8 glasses of water a day!
Example.	: Exercising 4 times per week for 1 hour and loving it!
Example.	: Maintaining 11 pound weight loss!
	Here's what I'm working on next
Example.	: Getting to bed by 11PM and not using any technology until 7AM the nex
-	: Getting to bed by TTPM and not using any technology until / AM the nex : Replacing the tortilla chips with veggies as a snack with guacamole.



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