

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 . . .

1. *Example: Drinking 8 glasses of water a day!*
2. *Example: Exercising 4 times per week for 1 hour and loving it!*
3. *Example: Maintaining 11 pound weight loss!*
4. _____
5. _____

Here's what I'm working on next . . .

1. *Example: Getting to bed by 11PM and not using any technology until 7AM the next day.*
2. *Example: Replacing the tortilla chips with veggies as a snack with guacamole.*
3. *Example: Trying 3 new stress management techniques: yoga, meditation and deep breathing.*
4. _____
5. _____