

So, you're thinking of becoming a health coach?

Use this worksheet to help make your decision and take the necessary next steps.

What are your biggest motivations for becoming a health coach?

Who have you already helped to live a happier, healthier life? (Yourself included.)

What health/nutrition topics are you endlessly interested in and love to talk about?

If you could be a health coach for ANYONE, who would it be?

Imagine your ideal health coaching business. What would that look like? How many hours would you work per week? How would you interact with clients? What sort of income would you be earning? It's normal to not be sure of all the specifics...but take a minute to imagine your future.

Your next steps:

Start reading/writing/speaking about and getting engaged with health and nutrition.

Look into health coach certification programs such as the Institute for Integrative Nutrition and Primal Health Coach Institute. **Remember, using my name as your referrer means you can take advantage of a scholarship (\$1000 IIN, \$500 PHCI) for either school, PLUS get access to my Healthy Profit University Starter Kit (\$299 value).**

Reach out to me with questions about becoming and succeeding as a health coach. Email michelle@healthcoachpower.com or text me at [917-540-8927](tel:917-540-8927).