



The Seeker's Muse

Coaching by Julie Farrray Roick

12 Weeks to a New You

This 12 week program will take you on a journey to rediscover your fitness, relationships and your spiritual quest. You will be amazed how week by week you will grow and learn more about yourself than you ever have in such a short amount of time. This isn't a one and done deal. These new habits will change your life - forever. The first four weeks gets you moving and taking care of your food choices. The second four weeks explores the tools in your toolbox for better relationships - with everyone. The final four weeks, explores what it means to live on purpose.

Enjoy the ride.



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Week One

Strength Training and Cardio

This first week we are looking for 20 minutes of cardio and/or strength training every other day. Back in the day, I made strength workouts, but nowadays there are SO MANY OPTIONS. Find one that works for you and stick to it. I personally love the Peloton App, but really anything is fine. Keep track of your progress here this week:

Habit Tracker

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
Cardio							
Strength							



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Week Two

Strength Training, Cardio AND Food Journal

This week we keep up our workouts but add a food journal element. In the past, I have guided people on food journals (I am not a nutritionist but I have seen quite a few in my days as a personal trainer) but that is no longer necessary. Find a food journal app you enjoy. I personally used NOOM to lose 10 lbs recently. To me, it was worth the \$\$ but really any app you can stick to is wonderful.

Habit Tracker

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
Cardio							
Strength							
Food Journal							



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Week Three

Strength Training, Increase in Cardio and Food Journal

This week, we up the cardio to 30 minutes. By now, you should be feeling the benefits of doing cardio, strength training and being mindful of what you put in your face. Making healthier choices for your body is a win-win. You are setting yourself up for the work ahead, to be strong physically helps you be strong in all areas of your life. Believe me. I've seen this so many times.

Habit Tracker

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
Cardio							
Strength							
Food Journal							



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Week Four

Strength Training, Cardio, Food Journal and Reflection

This week, we continue the journey with our strength training, cardio and food journal routines. Now, you are on a roll. You've got three weeks of exercise behind you, you are integrating the healthy habit of being mindful of what you eat and how you fuel your body.

Habit Tracker

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
Cardio							
Strength							
Food Journal							

In addition to the habit tracking, it is time to give yourself some time to reflect on how you have been feeling. Pull out a journal and reflect on the following questions.

Reflection:

What has changed for me over the past four weeks?

What were my major obstacles?

How did I overcome them?

What did I learn about myself?

What were my goals and did I reach them?

Do I have questions for group coaching?



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Week Five

Emotions

This week we begin bringing awareness to our emotions. Your homework is to bring your awareness to your triggers and your emotions. You will use the Triad Strategy if necessary which is:

Physiology: Bring awareness to how your body feels, what am I doing right now?

Focus: What am I thinking about?

Language/Meaning: What is the self-talk?

When you shift any one of these, you will be able to keep the situation from escalating (leave the room, change your thoughts, stop telling yourself the same story etc).

Additionally, you will really begin to focus on the other person's perspective and how you can either empathize or simply appreciate that it is different than yours. How does this change your relationship?

Habit Tracker

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
Cardio							
Strength							
Food Journal							
Emotion/ Trigger							
Triad?							
Perspective							

Reflection:

How was this week different than last week, emotionally?

What did you notice about yourself and the people in your life that you may not have noticed before?

Was the triad strategy helpful? In what way?

Other thoughts?

Do you have questions for group coaching?



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Week Six

6 Human Needs

This week we explore the Six Human Needs. This is a philosophy developed by family therapist Cloe Madanes. She defines the Six Human Needs as follows:

Six Human Needs

Certainty

Food, shelter, other material resources. When people can't control their physical circumstances, they may seek certainty through a state of mind (religious faith, positive outlook).

Uncertainty

People need to change their state, to exercise their body and emotions. They seek variety through a number of means, stimuli, change of scene, physical activity, mood swings, entertainment, food etc.

Significance

Everybody needs to feel special, unique, important or needed in some way.
People will seek significance through obtaining recognition from others or from themselves.

Connection/Love

Humans need to feel connected with someone or something - a person, an ideal, a value, habit or sense of identity. Connection may take the form of love, or intense engagement.

Growth

Everything in the Universe is either growing or dying - there is no third alternative.

People are not spiritually satisfied unless their capacities are expanding.

Contribution

Just as people cannot survive without others contributing in some way to their welfare, they cannot be spiritually fulfilled unless they are contributing to others as well.

This week, you will take a simple test that determines your top needs. Knowing this about yourself is key to understanding how you relate to others and it gives you a glimpse into other people's behaviors so you can modify how you relate to them. For example, knowing that my husband's top two needs are Significance and Certainty, I respect those when he is telling me a story I have heard many times. He likes to tell me stories, and as his wife, I understand that Significance is important to him so I listen (again and again). In turn, mine are Growth and Contribution and he gives me plenty of space to pursue my love of learning and my want to serve.

(This test will need to be printed as the formatting is screen-shotted and you can't put your answers into this doc.)

This week's habit tracker reflects and awareness of the Six Human Needs. Awareness is the beginning of change, not in your needs, but in the strengthening of all of your relationships because of your awareness.

HUMAN NEEDS TEST

Every statement must be graded as: "No," "Partly," or "Yes." Honestly grade each statement: "Yes," for "yes, this is really me." "Partly" for "this is partly how I am," and "No" for "This is probably not how I am." (If you don't know whether it applies, it's usually best to check "no.")

- | | |
|--|--------------------------------------|
| 1. People are impressed by me. | Yes _____
Partly ____
No _____ |
| 2. Feeling that I "belong" is important to me. | Yes _____
Partly ____
No _____ |
| 3. I need to feel grounded. | Yes _____
Partly ____
No _____ |
| 4. I don't mind taking risks. | Yes _____
Partly ____
No _____ |
| 5. I don't fear change. | Yes _____
Partly ____
No _____ |
| 6. A failure is not a failure if you keep trying. | Yes _____
Partly ____
No _____ |
| 7. I believe in giving back. | Yes _____
Partly ____
No _____ |
| 8. I'm good at taking care of people. | Yes _____
Partly ____
No _____ |
| 9. I often worry about what people are saying about me. | Yes _____
Partly ____
No _____ |
| 10. I like to have as much stability in my life as possible. | Yes _____
Partly ____
No _____ |
| 11. It's important to contribute to your community. | Yes _____
Partly ____
No _____ |
| 12. I like to develop new ideas and projects. | Yes _____
Partly ____
No _____ |
| 13. I'm security conscious. | Yes _____ |

Partly _____

No _____

14. I like to be an example to others.

Yes _____

Partly _____

No _____

15. I'm competitive.

Yes _____

Partly _____

No _____

16. I hate the feeling of boredom.

Yes _____

Partly _____

No _____

17. I know how to make connections with people.

Yes _____

Partly _____

No _____

18. I constantly aspire to improve.

Yes _____

Partly _____

No _____

19. Danger is never exciting to me.

Yes _____

Partly _____

No _____

20. In most close relationships I'm usually the giver.

Yes _____

Partly _____

No _____

21. There is always something new to be learned.

Yes _____

Partly _____

No _____

22. I need to feel fulfilled.

Yes _____

Partly _____

No _____

23. I frequently evaluate myself.

Yes _____

Partly _____

No _____

24. I like for things to be predictable.

Yes _____

Partly _____

No _____

25. I am more loving than most people.

Yes _____

Partly _____

No _____

26. Recognition is very important to me.

Yes _____

Partly _____

No _____

27. I like the feeling of exertion. Yes _____
Partly _____
No _____
28. I'm very careful of not over spending. Yes _____
Partly _____
No _____
29. Education is important to me. Yes _____
Partly _____
No _____
30. I'm a leader. Yes _____
Partly _____
No _____
31. I'm always looking for new experiences. Yes _____
Partly _____
No _____
32. I sometimes over extend myself in trying to help people. Yes _____
Partly _____
No _____
33. My routines and habits are important to me. Yes _____
Partly _____
No _____
34. I take pride in who I am. Yes _____
Partly _____
No _____
35. I like how learning something new changes my perspective. Yes _____
Partly _____
No _____
36. Sometimes the most important work is not what you're being paid for. Yes _____
Partly _____
No _____
37. I'm not an adventurous person. Yes _____
Partly _____
No _____
38. No one would say that I'm selfish. Yes _____
Partly _____
No _____
39. I tend to spend beyond my limits. Yes _____
Partly _____
No _____
40. I like to feel important. Yes _____
Partly _____
No _____

41. Every failure is a learning experience. Yes _____
Partly _____
No _____
42. I like to learn in order to teach what I learn. Yes _____
Partly _____
No _____
43. I seek unity in my relationship. Yes _____
Partly _____
No _____
44. I like to make a difference. Yes _____
Partly _____
No _____
45. I refrain from acting when I'm not sure about all the consequences of my actions. Yes _____
Partly _____
No _____
46. I suffer when I feel blocked. Yes _____
Partly _____
No _____
47. I enjoy suspense. Yes _____
Partly _____
No _____
48. Prestige is very important to me. Yes _____
Partly _____
No _____
49. I'm a romantic. Yes _____
Partly _____
No _____
50. I'm constantly learning. Yes _____
Partly _____
No _____
51. Giving is more important to me than receiving. Yes _____
Partly _____
No _____
52. I like to be Number 1. Yes _____
Partly _____
No _____
53. I hate taking risks of any kind. Yes _____
Partly _____
No _____
54. I like to constantly develop myself. Yes _____
Partly _____

No _____

55. I like to give my time and energy to good causes.

Yes _____

Partly _____

No _____

56. I like to be admired by others.

Yes _____

Partly _____

No _____

57. I'm proud of my ability to learn new things.

Yes _____

Partly _____

No _____

58. We are here to make this world a better place.

Yes _____

Partly _____

No _____

59. I like to grow and develop in different areas.

Yes _____

Partly _____

No _____

60. Personal relationships are the most important thing in my life.

Yes _____

Partly _____

No _____

61. Sometimes I can be intimidating.

Yes _____

Partly _____

No _____

62. I often look for new forms of entertainment.

Yes _____

Partly _____

No _____

63. I'm concerned about anything that might be risky.

Yes _____

Partly _____

No _____

64. Being fulfilled in your work is more important than being admired.

Yes _____

Partly _____

No _____

65. I strive to improve my skills.

Yes _____

Partly _____

No _____

66. I get close to people by being generous with money, time and energy.

Yes _____

Partly _____

No _____

67. I like to think carefully before I go into action.

Yes _____

Partly _____

No _____

68. Sometimes I like the thrill of experiencing fear.

Yes _____

- Partly _____
No _____
69. I need to feel respected.
Yes _____
Partly _____
No _____
70. When we stop growing, we die.
Yes _____
Partly _____
No _____
71. The feeling of togetherness is important to me.
Yes _____
Partly _____
No _____
72. For life to make sense, you have to leave a mark in the world.
Yes _____
Partly _____
No _____
73. Feeling comfortable at all times is important to me.
Yes _____
Partly _____
No _____
74. I enjoy being involved in many different activities.
Yes _____
Partly _____
No _____
75. I'm always comparing myself to others in terms of success.
Yes _____
Partly _____
No _____
76. I need to have passion in my relationship.
Yes _____
Partly _____
No _____
77. If I'm not contributing to others, my life is meaningless.
Yes _____
Partly _____
No _____
78. When making a decision, I often think about what might be more enjoyable.
Yes _____
Partly _____
No _____
79. I can't stand to feel stagnant.
Yes _____
Partly _____
No _____
80. I need to feel as safe as possible at all times.
Yes _____
Partly _____
No _____
81. If I commit to something, I worry that something better might come along.
Yes _____

Partly _____
No _____

82. I never want to be seen as a loser.

Yes _____
Partly _____
No _____

83. I don't care about having much stability in my life.

Yes _____
Partly _____
No _____

84. I have a mission.

Yes _____
Partly _____
No _____

6HN Test Scoring Worksheet

The numbers below represent the test question number. Next to each number, give yourself a:

10 for a Yes

5 for Partly

0 for No

Tally up your scores at the end of the column.

3	4	1	2	6	7
10	5	9	8	18	11
13	12	15	17	21	14
19	16	23	20	29	22
24	27	26	25	35	30
28	31	34	32	41	36
33	39	40	38	46	42
37	47	48	43	50	44
45	62	52	49	54	55
53	68	56	51	57	58
63	74	61	60	59	64
67	78	69	66	65	72
73	81	75	71	70	77
80	83	82	76	79	84

You will not be able to grade this test on your own, fully. Send me your scoring page to juliefarrayroick@gmail.com and I will be happy to send you your results and any helpful tools - no strings attached.

Habit Tracker

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Cardio							
Strength							
Food Journal							
Emotion/ Trigger							
Triad?							
Perspective							
6HN							



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Week Seven

Values

This week we bring our attention to our values. This is simply another tool/exercise to help you bring awareness to what you consider important in your life. This helps shed light on your behaviors and the sources of them.

Abundance	Faith	Patience
Acceptance	Family	Peace
Accountability	Forgiveness	Perseverance
Achievement	Freedom	Power
Adaptability	Friendship	Perfection
Adventure	Fun	Popularity
Advocacy	Generosity	Power
Ambition	Grace	Preparedness
Appreciation	Gratitude	Punctuality
Authenticity	Growth	Recognition
Balance	Harmony	Reliability
Career	Health	Resourcefulness
Challenge	Home	Respect
Cleverness	Honesty	Responsibility
Commitment	Hope	Risk taking
Community	Humility	Safety
Compassion	Humor	Security
Competence	Independence	Selflessness
Connection	Individuality	Service
Contribution	Initiative	Stability
Cooperation	Inspiration	Spirituality
Credibility	Integrity	Stewardship
Courage	Intuition	Success
Creativity	Joy	Teamwork
Curiosity	Kindness	Thoughtfulness
Determination	Knowledge	Time
Dependability	Leadership	Tradition
Diversity	Learning	Trust
Efficiency	Legacy	Understanding
Empathy	Leisure	Uniqueness
Encouragement	Love	Vision
Enthusiasm	Loyalty	Vulnerability
Excellence	Motivation	Warmth
Fairness	Openness	Wealth
	Optimism	Wisdom
	Order	
	Parenting	
	Passion	

As you look through the list, write down about 10 values that resonate with you and how you choose to live your life. They must FEEL right and truthful deep down inside.

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**
- 6.**
- 7.**
- 8.**
- 9.**
- 10.**

Choose the five most important values from your list.

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**

Now list them in order of importance from most to least.

1.

2.

3.

4.

5.

Reflect on what has to happen to fulfill these values.

How can your life reflect these values?

Who are the main players?

Do you have to depend on them?



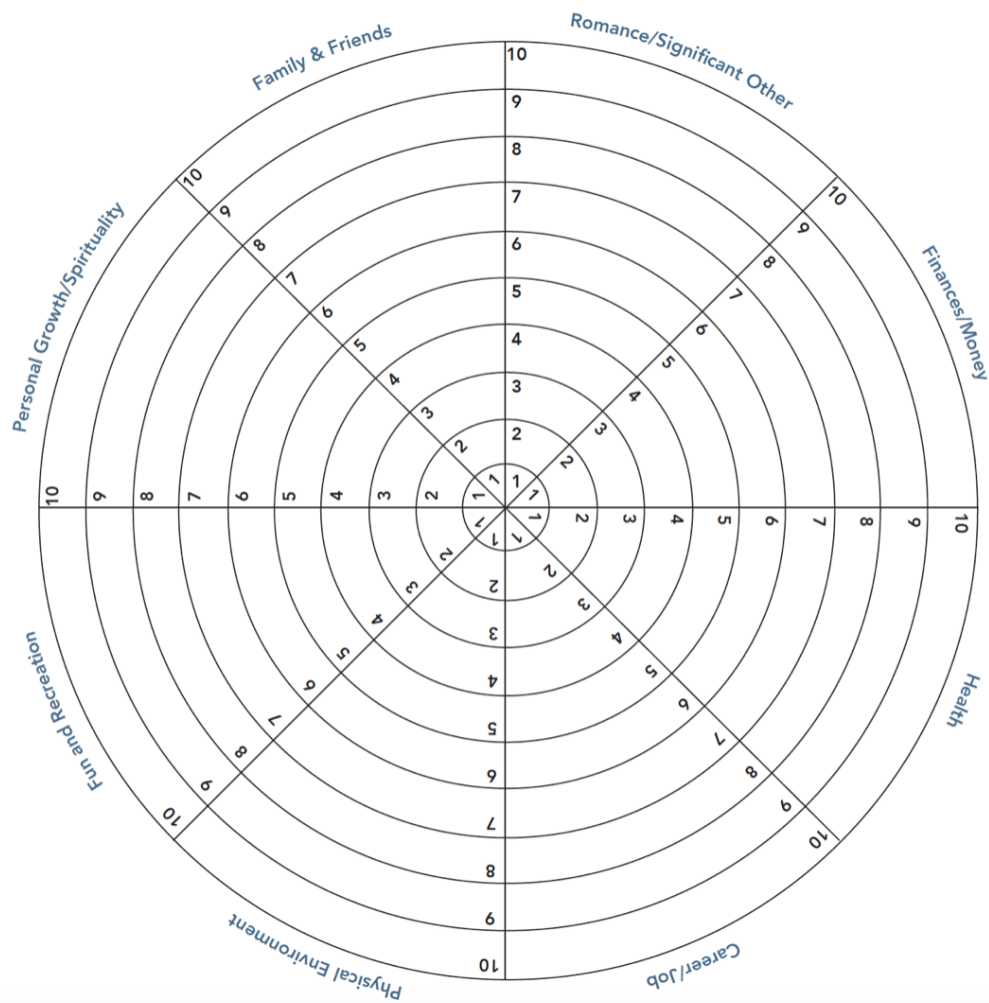
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Week Eight Wheel of Life



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For each section of the wheel, color in the level of satisfaction you currently have in each area of your life. 10 means total satisfaction, 1 means the least amount of satisfaction.

For each section write two or three bullet points indicating the reason for the rating

Family and Friends:

- 1.
- 2.
- 3.

Romance/Significant Other

- 1.
- 2.
- 3.

Finance/Money

- 1.
- 2.
- 3.

Health

- 1.
- 2.
- 3.

Career/Job

- 1.
- 2.
- 3.

Physical Environment

- 1.
- 2.
- 3.

Fun and Recreation

- 1.
- 2.
- 3.

Personal Growth and Spirituality

- 1.
- 2.
- 3.

Identify four lowest rated areas (or four areas you really want to work on)

- 1.
- 2.
- 3.
- 4.

In each of these areas, what do you really want? Using the present tense,
describe what you want:

Area 1:

- 1.
- 2.
- 3.
- 4.
- 5.

how you can create it in your life over the next 12-24 months

describe what you want:

Area 2:

1.

2.

3.

4.

5.

how you can create it in your life over the next 12-24 months:

describe what you want:

Area 3:

1.

2.

3.

4.

5.

how you can create it in your life over the next 12-24 months:

describe what you want:

Area 4:

- 1.
- 2.
- 3.
- 4.
- 5.

how you can create it in your life over the next 12-24 months:

describe what you want:

Which area do you want to close the gap on the soonest (within the next few months)? What steps can you take?

- 1.
- 2.
- 3.

Reflections:

What did you enjoy about this exercise?

Which of your values play out in these “life” areas and how does this affect the changes you want in these areas?

Questions for group coaching?

OH... AND REMEMBER TO TRACK YOUR HABITS!

Habit Tracker

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Cardio							
Strength							
Food Journal							
Emotion/ Trigger							
Triad?							
Perspective							
6HN							
Values							



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Week Nine

Meditation and Gratitude

This week we add Meditation and Gratitude to our habit tracker. Meditation doesn't need to be a 20 minute endeavor. I have gone through MANY apps and I am currently listening to Waking Up by Sam Harris. These are 10 minute guided meditations. As far as gratitude is concerned, you can get formal by writing down 3-5 daily things you are grateful for or simply acknowledge to the Universe you are grateful for whatever pops up in the moment. I find myself taking time in the shower, starting with being grateful for a warm shower and then I consider the day before or what I am looking forward to and acknowledge those blessings. These practices are KEY to giving yourself some space and your loved ones. These two practices alone are life-changing.

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Perspective							
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Values							



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Week Ten

Creativity

A creation is something tangible that didn't exist before. Our lives are surrounded by people who have imagined and created things.

Make a list of 10 things you enjoy creating (art, music, dance, drawing, writing, etc)

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Of your list of 10, which five really fire you up?

1.

2.

3.

4.

5.

This week do something creative (and I don't mean cooking for your family!).
Something for you that you haven't ever done or miss doing.

What did you create?

Reflections:

It's fun to think about creating things, it's another thing to make time for them. Creating is integral to the spiritual process. It's the light inside us that we can make tangible. It's self-care. It's expression.

In what ways can you can incorporate creating into your daily life (or weekly for the big stuff)?

Does creating have a place in your Life Purpose? If so, how?

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Perspective							
6HN							
Meditation							
Gratitude							
Creativity							



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Week Eleven

Life Purpose

I don't mean to get super heavy here. This is just a fun exercise. If you follow through with it, you'll have more of a mission statement that happens to be filled with your strengths, values and passions. So I guess, it really is a life purpose. But people get really caught up in that word, and I don't want you to. Here you go:

List 8-10 moments when you felt like you were in the flow. An example might be “when I am teaching and my student has that ‘a-ha’ moment!” Or “when I am creating _____ and I lose track of time.”

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Pick your five most potent moments and reflect on:

1. How did these times feel?
2. What were you doing?
3. Why specifically was it satisfying?
4. Were you using your strengths?
5. Were you living within your values?

Moment 1:

Moment 2:

Moment 3:

Moment 4:

Moment 5:

Highlight key phrases and rewrite here:

Write 2-4 sentences using key words/phrases from above. Test it - does it fire you up?

Choose a few words that inspire, excite, resonate and represent your core strengths and values.

Who or what will you be engaging with? What is the ultimate goal?

Create your Life Purpose Statement. (Don't be scared, you can change it any time!)

Life Purpose example (this happens to be mine - I wrote this a few years back and it is standing the test of time):

My purpose is to use my energy and passion to teach and inspire women to become their strongest physically, emotionally and spiritually through education in wellness, support of self reflection and the pursuit of knowing.

Reflections:

How did this exercise feel?

Were you patient and kind to yourself?

Any big “AHA” moments?



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Week Twelve

Journaling - putting it all together.

So your habit tracker might be over-flowing a bit. That's ok. I change mine all the time when something I have been working on doesn't need the daily reminder (i.e. eating well) and slip in something new. It's just an accountability tool when you say, don't have a coach to remind you (a-hem). It's a life-changing tool that I use daily. I would continue to encourage you to do the same.

Below the tracker, I have listed some questions for reflection. Questions you can ask yourself when you need a little guidance. I hope you find them helpful.

Keep up the great work!

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Perspective							
6HN							
Meditation							
Gratitude							
Creativity							

- If my friend had to make this decision, what advice would I give?
- What would I try if I knew I couldn't fail?
- What is MY sentence?
- Pick an area you want clarity on. Write a list of 25 things/ideas/thoughts focusing on manifesting that reality.
- If none of the current options were available, what would I do? Which option would allow me to evolve and flourish?

Skip the Advice (from Hal Meyer "Leading with Questions" blog)

1. What is the challenge I am facing?
2. What have I tried already?
3. If I could try anything to solve this, what would I try?
4. And what else?
5. Which of these options interest me the most?
6. What might stand in the way of this idea, and what could be done about that?

7. What is one step you could take to being acting on this, right away?

The Night Pages (from Derek Rydall's website) to be written nightly:

1. What do I have?
2. What have I done?
3. What can I do?
4. What am I grateful for?

The Work (Byron Katie). To be used when struggling with a problem.

1. Is it true?
2. Can I absolutely know that it is true?
3. How do I react when I believe it to be true?
4. Who would I be without that thought?

The Turn Around (Part II of The Work). Give three examples of a new truth.

1. Consider the opposite
2. Consider the other
3. Consider the self

Realization - it's your thoughts that create your heaven or hell.