



# 2021 Planning: Your Health Coaching Practice

Set intentions, vision and goals for your  
health coaching in 2021

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## About Michelle MacLean

### SKILLS MENTOR FOR HEALTH COACHES

As a skills mentor for health coaches, I'm passionate about helping new health coaches build their skills and boost their confidence so they can provide real value to clients.

As a Coaching Circle facilitator with the Institute for Integrative Nutrition, I've coached 1000 students and have heard the top doubts and fears they have about coaching clients.

These worries hold them back from launching their businesses, getting clients and being the great coaches I know they can be. But it doesn't have to be this way.

If this sounds like you, I invite you to join me over in my Facebook community with other like minded health coaches who are ready to up-level their skills, confidence and launch successful health coaching businesses.

<https://www.facebook.com/groups/coachingskillsforhealthcoaches>

[Facebook](#)

[Instagram](#)

Use the work that you did from Part 1 to lay the foundation then use 10 these powerful questions to guide you through a mindful intention and goal setting process for your health coaching business for 2021. Pour yourself a cup of hot tea, light a candle, get out your favourite pen and craft your vision for the year ahead.

1. It's always helpful to start at where you are. Write a statement that describes the current state of your health coaching, whether you're still studying, not launched yet, feeling stuck, or have a thriving practice. The current state of my health coaching is....
2. Now let's look ahead to the future. Imagine, it's December 2021, a year from now. You're having coffee with a dear friend. She asks you to reflect on the last year of your health coaching business. What have you achieved? How are you feeling? What have these accomplishments brought to your life? Write down what you would tell her.
3. What are the biggest opportunities for your health coaching in 2021? Where is the low-hanging fruit? What would be the easiest most beneficial step you could take to move your practice forward?

4. What are you most excited about focussing on or accomplishing related to your health coaching business in 2021?

5. Finish this sentence, regarding my health coaching business, 2021 is the year that I ....

6. What are you ready to let go of in 2021 related to you being a successful health coach? A limiting belief, doubt or fear, worry, poor habit, negative pattern, etc. What specifically will you commit to leave behind in 2020?

7. List three top goals you have for your health coaching business for 2021. Remember to make them SMART:

Goal #1:

Goal #2:

Goal #3:

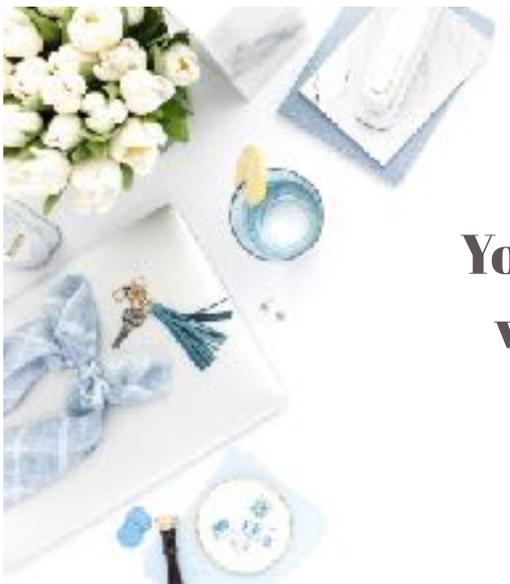
8. In order to accomplish these goals, what do you need to learn about or ask for support around in 2021? Where are the gaps in your skills, knowledge, abilities, resources, tools?

9. Reflect back on all of your answers and now pick a word to guide you through 2021. What word will make you feel excited, inspired, motivated and focussed on your health coaching business for the next 12 months?

My word for 2021 is \_\_\_\_\_

10. Now develop a vision statement or affirmation for your health coaching in 2021. Look back to your answer from question #2 for inspiration. Write this vision as a positive “I am” statement as if it is already happening.

I am ...



**Well done!**  
**You have goals, a word and a vision for the year ahead.**  
**Doesn't that feel good?**

Now that you have your goals, word and vision statement for 2021, the next step is to develop a visual representation to remind yourself of these throughout the year.

That could be as fancy as a vision board you create with magazine pics and words. It could be as simple as writing your word and vision on a sticky note.

My fav way to capture my word and vision is to develop a vision board in Canva. Watch your email over the next few days and I'll send you the exact steps I use.

The final step is to plan out those goals. Under each, you'll identify specific action steps, timelines, obstacles, sources of support and accountabilities. Then schedule each action step in your calendar and get to it!

I'd love to continue supporting you in 2021 as you build your health coaching competencies and boost your confidence so you can launch your practice, get clients and be a skilled and successful health coach.

I'm active over in my Facebook community for health coaches and would love for you to join us: <https://www.facebook.com/groups/coachingskillsforhealthcoaches>

Also watch for my new online course called *Health Coaching Essentials* coming in Q1 2021.

Happy Holidays,

Michelle