

Acknowledge – using Strengths & Values

1. BLUE Motivational Value System (MSV) - helpfulness and relational value

- Your willingness to be **HELPFUL** to others is so evident. The way you supported your fellow patients today really uplifted everyone's spirits.
- The **DEVOTED** energy you show toward your health goals is inspiring. You're dedicated to taking each step, no matter the challenges that come.
- The way you consistently stay **CARING** toward your family, even while working through your recovery, shows how much you value the well-being of others.

2. RED Motivational Value System (MSV) - outcome-oriented and driven by effectiveness

- I can see your **AMBITION** to achieve the best outcome for your recovery. That determination is really helping you move forward effectively.
- The conviction and drive you show in your progress are inspiring (**FORCEFUL**). Your commitment is pushing you closer to your goals.
- The way you were **QUICK-TO-ACT** in trying the new exercises shows your willingness to jump right in. That proactive attitude is moving you closer to success.

3. GREEN Motivational Value System (MSV) -rationality, stability, and resourcefulness

- Your **METHODICAL** approach to each step of the process really shines. Taking time to go through each detail carefully is making sure you're building a solid foundation.
- The way you are **CAUTIOUS** about each new exercise shows that you're protecting yourself from setbacks. That level of care is making a positive difference in your recovery.
- Your **ANALYTICAL** mindset in understanding each part of the program is helping you make well-informed decisions. It's impressive to see you think through every step.

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4. **RED-BLUE** Motivational Value System (MSV) - **helpful yet challenging, leading with purpose**

- The **SUPPORTIVE** feedback you gave to others during our group session shows you're invested in everyone's progress, not just your own. That support is truly empowering for others.
- Your willingness to take on challenges to reach high gains is inspiring (**RISK-TAKING**). That courage is helping you and others grow.
- The **DEVOTE** way you guide and support others on their journey demonstrates how committed you are to their success.

5. **RED-GREEN** Motivational Value System (MSV) - **pragmatic and results-driven, strategic**

- The way you've **ANALYZED** the program and adjusted it to fit your goals shows an impressive strategic mindset. It's helping you maximize each session.
- Your competitive drive in striving to meet the benchmarks is impressive (**COMPETITIVE**). You're setting high standards and working to meet them.
- The conviction and power you bring to your goals are clearly driving your progress (**FORCEFUL**). That focus is keeping you on track.

6. **BLUE-GREEN** Motivational Value System (MSV) - **protection, guidance, and risk prevention**

- The **CAUTIOUS** way you approached each part of today's session shows how you're managing your recovery wisely, preventing unnecessary setbacks.
- Your **TRUSTING** nature, being open to new techniques, is strengthening your ability to grow through this experience while staying balanced and grounded.
- I noticed how **FAIR** you were in evaluating your own strengths and limits today. That balance is key to sustainable progress and keeping yourself safe.

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7. **HUB** Motivational Value System (MVS) -inclusive, adaptable, balancing needs

- Your **INCLUSIVE** nature brings such a positive atmosphere to each session. By ensuring everyone feels part of the journey, you're creating a supportive space.
- I appreciate how **ADAPTABLE** you've been to the different exercises. Your readiness to adjust to new challenges is helping you advance smoothly."
- The **OPTION-ORIENTED** way you approach each situation, always considering different ways to move forward, shows your flexibility and creativity in reaching your goals.

● 1. Client Capacity & Communication

Assess the client's ability to engage meaningfully in a coaching conversation:

Medically stable (not in acute distress or medical crisis)

Cognitively able to engage in reflective dialogue

Can understand and process basic questions

Can engage in back-and-forth dialogue and express thoughts or ideas

💡 2. Client Readiness & Willingness

Evaluate the client's mindset, motivation, and openness to a coach approach:

Open to exploring their own thoughts, values, and motivations

Expresses a desire to improve or maintain health outcomes

Prefers collaboration rather than directive instruction

👤 3. Practitioner Readiness

Ensure you, the practitioner, are in a position to deliver coaching ethically and effectively:

You are present, clear, and ethically able to engage in a Coach Approach

● 4. Client Self-Insight & Motivation

Capture the client's own perspective using self-rating questions:

How ready are you on a scale of 1–10 to make a healthy lifestyle change?

How confident are you on a scale of 1–10 to make healthy lifestyle changes in the next 3–6 months?

Let me know if you'd like a matching graphic or table version to drop into your workbook or slide deck!