

THRIVING WEEKLY COACHING GUIDE

Creating a Continuous Development Process for Peak Performance and Wellbeing

MINDSET MATTERS

WITH DR GEMMA LEIGH ROBERTS

What is continuous improvement?

If you want to see changes to how you feel – both psychologically and physically – focus on continuously developing your wellbeing habits and routines.

Not only will you be creating habits that pay dividends for your health, but by engaging in continuous development activities, you can improve your knowledge and skills, which can lead to greater life satisfaction and improved self-esteem, boosting your overall wellbeing.

Here's how to create your wellbeing continuous development process using three steps:

Review → **refine** → **Repeat**

Once a week, block some time in your calendar – it could be 10 minutes to 30 minutes. The review, refine, repeat process isn't so simple and not overwhelming, because it's all about taking small and consistent steps to improve your wellbeing over time.

Review

Reflect on what has gone well, and not so well over the past week. You might reflect that you did well sticking to a fitness routine or practising mindfulness a few mornings. You might have learnt a new skill or tried meditating for the first time.

Or, perhaps your sleep suffered across the week, or you didn't make connection with others a priority, and you want to improve that next week.

Refine

Next, focus on making small and simple changes to the way you do things. Maybe setting aside specific time to connect with people you care about, to send a quick message or call. Perhaps it's finding a simple way to get more organised, so you feel less overwhelmed, or blocking time for activities that boost your wellbeing.

Ultimately this step is about reflecting on what you'll add to your routine to improve wellbeing in the future, and perhaps even what you'll stop doing.

Repeat

Finally, repeat this process, again and again. It's the repetition part of this process that creates a habit, helping you to recognise when change is needed and commit to making those changes.

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Review	What went well this week?	
	What could I improve for next week?	
	What did I learn this week?	
	Key reflections this week:	
Refine	What will I do differently next week?	
	What outcomes would I like to achieve next week?	
	What will I add or take away from my routine to achieve better results?	
Repeat	Next progress review	Date and time: