

Beth, 42 years old, single parent of 2 daughters

"I was raised in a single parent family home from the age of seven to the age of adulthood. I did not have many responsibilities at all as a child so I struggle with responsibilities as an adult. I feel as though I do not have a lot of skills but I don't want that to limit what I achieve. I was diagnosed as Bipolar 1 about 3 or 4 years ago and still am dealing mostly with depression. It has been a long road and I don't think the road is going to get short anytime soon. I have been somewhat resistant to making changes in my life. I tend to be set in my ways. I have trouble with time management, saying no to people, and with life.

My goal is to get organized so I can get rid of this cumulative effect of stuff dumped on me. I want to be free of clutter and disorganization so that I will hopefully lift my depression some or at least minimize my life being scattered and overwhelmed most of the time, so I can have some peace of mind. I am working on getting some exercise which I have resisted much in the past few years because I have a weight issue and I feel uncomfortable working out. But I have come to realize that it is needed by everyone to stay healthy."

Beth & I identified the following goals for our work together:

- To organize the morning & evening routine such that she and her kids will be on time to work and school.
- To establish a system of organization in her home that is realistic & comfortable to maintain.
- To establish a regular fitness routine.
- To develop healthy eating habits.
- To determine a system for scheduling, time management, & record-keeping to assist memory.
- To develop parenting strategies which nurture her as a strong woman & her daughters as responsible, respectful children.
- To practice setting boundaries such that her integrity is not compromised.

Beth is an absolute delight to coach! She is bright, insightful, and persevering. In our 10 months working together, she has used her many gifts:

- To address sleep apnea
- To commit to a fitness program
- To undergo a thorough health assessment to address concerns regarding diet
- To learn to respond to others in ways which affirm her and her goals
- To adopt methods for scheduling and prioritizing
- To break down house cleaning into manageable steps
- To practice positive self-talk and self-affirmation
- To establish stronger evening and morning routines