

REFERENCES

Module	Lesson	Reference
1A	Wellness Mentor	Wellcoaches Coaching Psychology Manual
1A	SMART Goals	https://www.mindtools.com/pages/article/smart-goals.htm
1A	The Habit Loop	https://www.youtube.com/watch?v=W1eYrhGeffc http://idea4today.blogspot.com/2018/08/the-power-of-habit-1-habit-loop-how.html
1A	The Elephant, The Path and the Rider	https://www.youtube.com/watch?v=X9KP8uiGZTs
1A	Listen, Motivate, Accountability Partner	Wellcoaches Coaching Psychology Manual
1A	MiddleAge / OlderAge	Personal Observation by Liz Cohen and Deborah Glassford LifePlanForTheLifeSpan.pdf

REFERENCES

Module	Lesson	Reference
1B	DISC Model	https://exploringyourmind.com/hippocrates-theory-four-humors/
1B	Applying the DISC Model	https://discpersonalitytesting.com/
1C	Transtheoretical Model	https://jprochaska.com/about/james-prochaska/
1C	Transtheoretical Model	https://sphweb.bumc.bu.edu/otlt/mph-modules/sb/behavioralchangetheories/BehavioralChangeTheories6.html
1C	Decisional Balance and Self-Efficacy	https://books.google.com/books?hl=en&lr=&id=1bPSCgAAQBAJ&oi=fnd&pg=PR7&dq=transtheoretical+model+of+change+and+impacts+on+aging&ots=cN9WYmdiHQ&sig=tIeAOsJSsXYAubGCAhOaAJTE8QY#v=onepage&q&f=false
1C	Self-Efficacy	https://www.simplypsychology.org/self-efficacy.html https://en.wikipedia.org/wiki/Self-efficacy
1C	Atomic Habits	https://educatorfi.com/15-fi-quotes-atomic-habits/
1C	Applying the TTM	Thank you to Jeff Goldstein playing the part of Jack and Laurie Long playing the part of Anna