

What I Wish I Knew — 1:1 Coaching Overview

A Structured, Personalized Approach to Sustainable Change

WIWIK is designed to help you create lasting change in your health, habits, and relationship with food and your body—without relying on pressure, perfection, or willpower.

Rather than jumping straight into behavior change, we move through key areas that help you understand what's driving your patterns—and build something that actually works for your life.

The Approach → Thrive Wisdom Method

Regulate · Reframe → Sustain

- **Regulate** — supporting your system so change becomes possible
- **Reframe** — understanding your patterns in a way that changes how you respond
- **Sustain** — building something that works in your real life over time

Rather than focusing only on behavior, we focus on what makes change easier—and more sustainable.

What We Work Through Together

Our work follows a natural progression.
Not rigidly—but intentionally.

Starting Point: Understanding & Awareness

We begin by stepping out of “fixing mode” and into understanding. This includes recognizing:

- current patterns
- energy and capacity
- where things feel harder than they should

This creates a starting point your system can actually support.

Regulation & Nervous System

Before changing behavior, we look at how your system responds to stress, pressure, and change.

You'll begin to:

- recognize patterns like urgency, avoidance, or shutdown
 - support your system so you can respond with more steadiness—not just react
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Principles for Sustainable Change

Instead of relying on rules, we establish simple principles that guide decisions in real life.

These become anchors you can return to—especially when things feel unclear, inconsistent, or difficult.

Motivation, “Why,” and Inner Patterns

We explore what’s driving your motivation—and why it doesn’t always hold. This includes:

- shifting away from pressure-based motivation
 - understanding internal patterns that influence follow-through
 - developing a more supportive way to lead yourself
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Daily Support Systems (MEDS)

We focus on the core areas that support your system day to day:

- Movement
- Eating
- Disconnect / Connect (stress & capacity)
- Sleep

Not as rules—but as ways to support your energy, regulation, and consistency in real life.

Cravings & Food Patterns

Rather than controlling food, we begin to understand it. You’ll explore:

- different types of cravings
 - patterns in energy, timing, and response
 - how to make more flexible, informed choices
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Food, Emotion & Protection

We look at the role food plays beyond nutrition. This includes understanding:

- emotional eating as support—not failure
 - what your system may be protecting
 - how to expand your options without removing support
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Fear, Resistance & Common Traps

We identify the patterns that tend to disrupt progress. You'll begin to:

- recognize common traps (all-or-nothing thinking, urgency, overthinking)
 - understand what's underneath them
 - stay engaged without escalating pressure
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The Body: From Control to Understanding

We shift your relationship with your body from something to fix to something to understand. This includes:

- reframing body-based thoughts and reactions
 - reducing urgency and pressure
 - responding with more clarity and steadiness
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Identity & Self-Trust

We explore how identity shapes behavior, including:

- recognizing limiting identity patterns
 - shifting toward more flexible, realistic self-perception
 - building self-trust through experience—not pressure
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Sustaining Change

We focus on how to continue this work in real life.

This includes:

- navigating inconsistency without starting over
 - supporting your systems over time
 - staying engaged without needing things to be perfect
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How We Work

Each session focuses on what is most relevant for you.

You'll have access to **guided reflection tools** that help you:

- see your patterns more clearly
- understand what's actually happening
- apply what we're working on in your real life

This is not a one-size-fits-all approach.

The work is structured—but tailored to you.

A Final Note

This work isn't about doing more or getting it right.

It's about understanding what's actually happening—and learning how to respond in a way that supports you.

That's what makes change sustainable.

About This Work

This work is shaped by both my long-term coaching practice and my own lived experience—including losing over 135 pounds naturally and sustaining that change for years.

What made the difference was not forcing more discipline or piling on “shoulds.”

It was understanding my patterns, supporting my system, and building habits that work in real life.

The THRIVE Wisdom Method

Regulate • Reframe → Sustain



What I Wish I Knew

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