

Want to improve your nutrition and start meeting your goals?

In our seminar, we shared the basic foundation of a healthy diet: Focus on eating more healthy foods than not. More good food in will crowd out the bad. Don't focus initially on how many meals you should eat, or meal sizes versus snacks. Don't focus on specific protein, carb, or fat amounts. To get started, begin by:

- Eating more protein
- Adding in fruits, veggies, whole grains, and healthy fats,
- And, drinking water

Work on improving each of these areas, ONE at a time. When done CONSISTENTLY, you will set yourself up for success. Below is a tool to help walk you through setting goals.

Note: If you would benefit from a starting point that is even more foundational than the above, that helps teach you how to tune-in to your hunger cues and get a handle on over-eating, tame emotional eating, and teaches you 5 skills to help set you up for the next phase of healthy eating, email me at kirkandolivia2@yahoo.com. I have access to a free 5-Day Nutritional Course that walks you through the following:

5 Powerful Small Changes/Skills you can implement in your life:

Skill #1: Eating More Slowly

This can help you:

- Avoid over-eating
- Lose weight (if that's one of your goals)
- Better digest your food
- Eat more mindfully (and avoid rushing through your meal)
- Build a healthier relationship with food

Skill #2: Tuning-in to your Hunger so that you eat the right amount for your unique needs.

Skill #3: Knowing how to consume the right amount of food for your body's needs and your personal goals, whether that be fat loss, maintenance, or weight gain.

Skill #4: Leveling up your plate- one big rock at a time

You don't need a strict unsustainable program to eat healthfully. Focus on adding in- not subtracting.

What to add:

- Protein (lean, and minimally processed)
- Veggies, Fruit, and Whole Grains
- Water

Skill #5: Identify your roadblocks/potential obstacles and plan your alternatives.

Putting it into action: Setting Some Goals

Step #1: Define your Outcome-Based Goal. An outcome-based goal is your desired result.

What are you wanting to accomplish? (Ex. I want to lose weight)

What does progress toward this goal look like? (Ex. I hope to lose 1 lb. a week.)

How will you know when you've accomplished your goal? (Ex. When I have lost 20 lbs., I will have met my goal.)

Step #2: Establish a Behavior-Based Goal. A behavior-based goal outlines a specific behavior that you are *ready, willing, and able* to implement readily within a given timeframe that will make achieving your outcome based-goal more likely. (Ex. I will add protein to my breakfast every morning.) While outcomes aren't always within your control, your behaviors are. Behavior goals move you to action. For any outcome-based goal, there are *many* behavior-based strategies that can help lead you to attaining your goal. Brainstorm as many ideas as you can specifically related to your goal. As you think of ideas, keep in mind that behavior-based goals should be: specific, realistic, and actionable. Consider the question: If you could replace any current behavior with a new behavior, what would it be?

Ex. () *I will increase my protein by adding breakfast sausage and an egg to my morning toast.*

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Identify your top contenders. Rank your list in order of the behaviors that will make the most difference. As you rank them, consider also:

- Which behavior may be the easiest to change?
- Which behavior may be the hardest to change?
- Which behavior may have the biggest impact if changed?
- Which behavior are you NOT willing to give up or change?

Determine where you will begin. It is recommended that you work on ONLY one, maybe two, behaviors at once. Select behaviors that are doable, realistic, and appropriate for your current skill set. As you are determining your first behavior to work on, consider:

- How might this new behavior look and feel?
- How can you set yourself up for success?
- Are there obstacles that will make this new behavior challenging? How will you work around them?
- What are some pros and cons of this new behavior?

Scale the Change. Big goals sound great, BUT unfortunately, they typically end in people growing discouraged and ultimately giving up. Evaluate your top contender. Is it too far reaching?

- Reduce the size.
- Reduce the complexity.
- Reduce the intensity.
- Reduce the frequency.

Small steps done CONSISTENTLY help build confidence, gain momentum, and lead to greater results! The goal is to work on a change that is *probable* rather than *possible*.

Example:

Possible → Probable

No snacks during the day

Pre-portioning snacks during the day

Replace 1 snack with 1 piece of fruit, once a day

On a scale of 1-10, how confident are you that you can commit to this new behavior realistically and consistently for an extended period of time, no matter what?

If you can say 9 or 10, give it a go! However, if you can only give it an 8 or less, scale the change.

Step #3: Take Action. Action leads to motivation! Set implementation intentions:

- Clarify the behavior and provide the how. Get specific.
- How can you make it easier?

- Prepare for obstacles or roadblocks:

Potential obstacles: →

My plan for overcoming:

Step #4: Evaluate Your Progress. Before adding your next new behavior, strive for 80% consistency. Course correct as needed.

Step #5: Determine Next Steps.

Hitting 80% consistency? Then:

1. Stick with the same behavior, but increase the challenge. OR
2. Choose a new behavior from your list to tackle.

Less than 80% Consistency? Then:

1. Troubleshoot and brainstorm solutions. OR
2. Decrease the difficulty of the behavior. OR
3. Choose a new behavior to tackle.