NUTRITION+

Fall In Love With Food Again.

Wondering how Nutrition Plus Works? Want to try our formula? Here's how we help people eat, move and live better.

Our Unique Approach To Achieving Goals

Want to lose weight, build muscle, or achieve any other goal? Follow these two steps:

1) BREAK YOUR GOAL DOWN INTO SPECIFIC SKILLS.

2) BREAK THOSE SKILLS DOWN INTO DAILY PRACTICES.

Then record those goals, skills, and practices in a chart like this.

YOUR GOAL:

EXAMPLE: Eat better consistently so I can lose weight

MONTH 1 SKILL TO DEVELOP	MONTH 2 SKILL TO DEVELOP	MONTH 3 SKILL TO DEVELOP	MONTH 4 SKILL TO DEVELOP
WHAT'S THE FIRST SKILL YOU'D NEED TO DEVELOP? **EXAMPLE:** the skill of hunger and appetite awareness.	WHAT'S THE NEXT SKILL YOU'D NEED TO DEVELOP?	AND WHAT'S THE NEXT SKILL AFTER THAT?	AND THE NEXT...

1ST PRACTICE (2 WEEKS)	2ND PRACTICE (2 WEEKS)	3RD PRACTICE (2 WEEKS)	4TH PRACTICE (2 WEEKS)	5TH PRACTICE (2 WEEKS)	6TH PRACTICE (2 WEEKS)	7TH PRACTICE (2 WEEKS)	8TH PRACTICE (2 WEEKS)
WHAT SHOULD YOU PRACTICE FIRST TO DEVELOP THAT SKILL? **EXAMPLE:** practice eating slowly.	WHAT'S THE SECOND THING YOU SHOULD PRACTICE? **EXAMPLE:** practice eating until satisfied, not stuffed.	AND WHAT PRACTICE WOULD HELP YOU DEVELOP THIS SKILL?	WHAT OTHER PRACTICE WOULD HELP YOU DEVELOP THIS SKILL?	AND WHAT DO YOU NEED TO PRACTICE FOR THIS SKILL...		AND WHAT DO YOU NEED TO PRACTICE FOR THIS SKILL...	

But wait! If you're practicing the wrong thing you won't make progress. Here's how we select practices for our coaching programs.

SMART PRACTICES FOLLOW THE 'FIVE S' FORMULA

You've heard that 'practice makes perfect'. But how do you know if you're practicing the right things? In the right order?

EACH PRACTICE SHOULD MEET THE FOLLOWING CRITERIA:

SEGMENTAL
Part of a larger process that works together with other manageable steps.

SEQUENTIAL
Introduced at the right time, in the right order.

SIMPLE
Non-intimidating and easily done in the context of your real life.

STRATEGIC
Addresses the biggest thing that's preventing your progress right now.

SUPPORTED
Accompanied by support, mentorship, and accountability.

Awesome!
But what does good support look like? Read on.

HELP WHEN YOU'RE STUCK

Life happens. Sometimes we need extra help from someone who's 'been there, and done that'.

That's why we provide world-class coaches. They can help you see past obstacles that seem impossible to you right now.

WHAT HAPPENS NEXT?

We pull together these key ingredients - goal setting, skill acquisition, practice development, and personal coaching - to give our clients a transformative experience. All these small steps add up to life-changing results.

SUPPORT AND ACCOUNTABILITY ARE ESSENTIAL INGREDIENTS

To achieve a challenging goal, almost everyone needs help from time to time. Here are the key elements:

ENCOURAGEMENT DURING THE COURAGE PHASE.

When you're just getting started, you're committed, but not quite capable. Moving forward takes courage. A supportive coach or mentor can help.

A KNOWN CADENCE OF ACCOUNTABILITY.

Accountability works best if it happens at regular intervals. Our coaches check-in at expected, planned moments. And workshop leaders check in monthly.

A RESPECTED COACH.

A good coach is someone you trust and respect, who's there when you need them. We make world-class coaches available to clients either full time or a la carte.

POSITIVE PROGRESS FOCUS.

It's important to shine a light on all progress; not just physical. Good stuff is usually happening, even if you can't see it. Find that good stuff and celebrate it.

PROACTIVE OBSTACLE IDENTIFICATION.

What's better than solving a problem? Avoiding it in the first place. Good coaches warn you about upcoming roadblocks so you're less likely to get derailed.

Visit www.legacycvoaching.com.au/nutritionplus for more info including how to sign up on our Seasonal Program Special

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