

Steinbacher Fitness

The 4 A's of progress

To quote a mentor of mine - Sustainable change requires breakthrough *and* follow through. Your energy and mindset are tied together. Here are a few questions to help you make some breakthrough and open up the window of opportunity in your life, using the 4 A's of progress. Answer each one and spend some time reflecting on your answers.

Awareness

1. What change am I looking to make? Why?
2. Do I need more perspective, or more discipline right now?
3. Is the change I want to make possible?

Acceptance

1. Is my self-talk surrounding health and nutrition more hopeful or defeating?
2. How can I reframe the narrative about my health journey? Example: I need to stop eating so much junk and ruining my diet > My actions aren't aligning with the view I have of myself right now, so I'm going use the next three months to develop a healthier rhythm in my life and lose 10 lbs

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After you answer those, check out the pyramid below to contextualize how to approach your nutrition mindset and strategy

The Nutritional Priorities Pyramid

