

ASTRID NARANJO

TOP 10



TOP 10 MINDSET HACKS FOR SUSTAINABLE WEIGHT LOSS

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ABOUT ASTRID NARANJO

Astrid Naranjo is a Clinical Dietitian & has a Master's Degree in Nutrition & Dietetics Practice from Bond University (Australia), along with a Bachelor's Degree in Nutrition & Dietetics from the Central University of Venezuela.

Astrid works as a clinical dietitian in the Southport Private Hospital on the Gold coast (Australia) for the past 5 years. Currently, she continues to work as a clinical DT, as a Master coach at Biolayne LLC & writes for Weightology Research review and now as JV partner with CHFI

She is a high-profile dietitian on social media with a following of over 111k, where she posts daily industry leading, research based content, along with weekly interviews that include many high-profile names within the industry, such as Alan Aragon, Eric Helms PhD, Bill Campbell PhD, Mike Israetel, Layne Norton, James Krieger and many more.

She specialises in emotional eating, women's health, polycystic ovary syndrome (PCOS), sustainable physique transformations & fat loss, binge eating, creating healthier relationships with food & overall wellbeing.



ABOUT CLEAN HEALTH

WE BLEND THE LATEST SCIENCE WITH REAL-WORLD, PRACTICAL COACHING TOOLS THAT YOU CAN APPLY TO YOURSELF OR WITH CLIENTS INSTANTLY!

Established in 2008, Clean Health is one of the world's leading online fitness educators, having taught more than 50,000 students in over 80 countries.

Our range of online, easy-to-access courses are developed and created by the very best in the industry across nutrition, sports science, fitness business and strength and conditioning.

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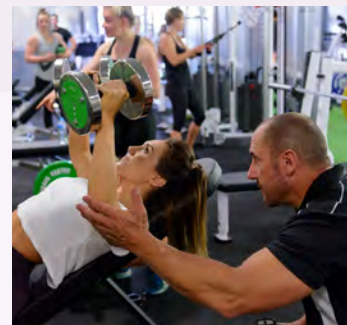
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Clean Health was founded by personal trainer and company CEO Daine McDonald (@dainemcdonald) as a personal training organization focused on getting results based on the science of lifestyle, nutrition, and training.

Our first performance-based gym was opened in 2012, and by 2015 we had 3 locations and were on our way to completing over 300,000 sessions before we closed our gyms down for good in 2020 to go all-in on online education.



ABOUT CLEAN HEALTH

We have been featured in numerous media publications and TV shows, including the Sydney Morning Herald, Yahoo Finance, GQ Magazine, Men's Muscle & Health, Men's Fitness, Australian Women's Health & Fitness, Oxygen Magazine and more.

We have partnerships with industry titans such as Layne Norton PhD, Sebastian Oreb, Jackson Peos PhD, Bill Campbell PhD, along with corporate giants such as Fitness First, Good Life Health Clubs, BFT and more.

smh.com.au
The Sydney Morning Herald

WORLD GYM

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MEN'S FITNESS

BFT BODY FIT
TRAINING

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MEN'S MUSCLE & HEALTH

F Fitness First

oxygen

The Daily Telegraph

Our experts have presented at some of the most significant health and fitness events globally, including FILEX, MEFIT Summit, and the Australian Fitness Expo.

Our mission is to raise the level of knowledge and industry standards for 500,000 fitness professionals worldwide by 2030.

For more information on us, visit us via the channels below:



WHY THIS GUIDE?

While we understand nutrition and exercise plans will assist the client with achieving their goals, there is a crucial gap in understanding how human psychology needs to be mastered to ensure client success. This mini guide offers an exclusive glimpse into the forthcoming guidebook that delves into the often-neglected psychological aspects of eating and mental wellness, critical elements for delivering superior fitness and nutrition services.

This guide explores the fundamental concepts of effective coaching. As a mentor, you play a crucial part in guiding clients towards comprehensive wellness, which transcends routine workout regimes and diet schedules.

These 10 essential tips are designed to guide you in steering your clients toward sustained transformation, nurturing both their physical health and mental well-being.

Acknowledging the psychological component facilitates a more holistic and nuanced strategy for coaches. Integrating health, nutrition, training, and psychology – which encompasses mental health and mindset – empowers clients on their path to achieving optimal physical, emotional, and mental well-being, ultimately guiding them to realize the best version of themselves.

Let's begin!

INTRODUCTION

In the ever-evolving scope of fitness, nutrition, and psychology of eating, coaches are faced with the responsibility of guiding their clients toward holistic well-being. It simply isn't enough to focus only on physical training and dietary guidelines; the missing link lies in the realm of mindset transformation and understanding the intricacies of human behavior.

**“IF YOU DON'T GET THEIR MIND,
YOU DON'T GET THEIR BODY” DR PAUL BEDFORD**

You can write the perfect training and nutrition program but if your client does not adhere to it, it is useless. By embracing the principles in this mini guide, you'll be better equipped to lead your clients toward lasting transformations, helping them navigate through the challenges of their physical, mental, and emotional well-being.

It's important to note that this guide only scratches the surface on these main principles, the full guide will comprehensively explore these principles in depth, offering insights, strategies, and real-world applications to allow you to have a profound understanding of your role as a coach.



TIP 1:

THE PIVOTAL ROLE OF COACHES & PERSONAL TRAINERS IN CLIENT SUCCESS

Coaches and personal trainers are more than just fitness instructors, they are mentors, motivators, and trusted guides for clients on their journey to physical, mental, and emotional transformation. Your influence extends beyond exercise routines and meal plans, you can have the single most significant impact on some of your clients' lives.

Your role is diverse and includes:

MOTIVATOR

You are their cheerleader and supporter who is consistently encouraging them to keep pushing through when they feel like giving up.

EDUCATOR

You share your knowledge about exercise, nutrition, and the science behind it, enabling them to make informed choices.

ACCOUNTABILITY PARTNER

Clients rely on you to keep them on track. Your scheduled sessions and support hold them accountable.

CUSTOMIZER

You tailor fitness programs and nutrition plans to fit each client's unique needs and goals .



TIP 2: BUILDING STRONG COACH-CLIENT RELATIONSHIPS

Building a strong relationship with your client can make all the difference in achieving success. The strength of these connections often determines the outcomes of coaching. To create these connections, you need to think about developing or honing in on a combination of skills, character traits, and responsibilities that a coach or personal trainer should possess.

A. SKILLS

Educator: This involves having the knowledge and communication skills to teach clients about exercise, nutrition, and related subjects.

Customizer: Skill in tailoring fitness programs and nutrition plans to individual clients' needs and goals.

B. CHARACTER TRAITS

Motivator: Being a motivator involves possessing qualities like enthusiasm, encouragement, and the ability to inspire and uplift clients.

Accountability Partner: This reflects the character trait of being responsible, reliable, and firm when necessary.

Adapt and Adjust: Be ready to adapt and modify strategies as your clients' needs change. As they progress, their goals and abilities may shift, and you'll need to adjust your approach accordingly.

C. RESPONSIBILITIES

Listening Actively: While it involves the skill of effective communication, it's also a responsibility to pay attention to clients' concerns and goals ongoing.

Setting Realistic Goals: It's both a skill and a responsibility to collaborate with clients to set achievable, realistic goals and celebrate their achievements.

Essentially, being a successful coach or personal trainer requires a combination of skills, character traits, and a sense of responsibility to effectively guide and support clients on their fitness journey.



TIP 3:

MINDSET TRANSFORMATION: EMPHASIZING CONSISTENCY OVER PERFECTION

Helping clients develop a growth mindset and understand their feelings about fitness is important. A big part of this is teaching them to focus on being regular and consistent, rather than trying to be perfect all the time.



Here's how you can guide your clients through this crucial mindset transformation:

PROMOTE CONSISTENCY

Highlight the significance of consistent efforts. Encourage clients to understand that sustainable progress is built on small, consistent steps rather than seeking perfection in every aspect of their journey.

CELEBRATE PROGRESS, NOT PERFECTION

Shift the focus from achieving perfect outcomes to celebrating progress and the effort put forth. Remind clients that it's okay to make mistakes, as they can be valuable learning experiences.

MANAGE EXPECTATIONS

Help clients set realistic and achievable goals. This ensures they don't set themselves up for disappointment by aiming for an unattainable standard of perfection.

EMBRACE LEARNING OPPORTUNITIES

Encourage clients to view setbacks as opportunities for growth. Mistakes and challenges can lead to valuable insights and improvements in their approach.

FOSTER SELF-COMPASSION

Promote self-compassion and self-kindness. Coach your clients to be understanding and forgiving toward themselves, especially during challenging moments.

TIP 3:

MINDSET TRANSFORMATION: EMPHASIZING CONSISTENCY OVER PERFECTION

“THE CONSISTENCY CHALLENGE” GUIDE FOR COACHES

Introduce the Idea

Start by explaining to your clients the power of consistency over perfection. Help them understand how small, steady actions can lead to significant improvements in fitness.

Identify a Challenge Area

Work with each client to pinpoint an area in their routine where they're overly focused on being perfect. This could be anything from their workout intensity to their eating habits.

Set a Manageable Goal

Guide them to choose a realistic and small goal in this challenging area. For instance, if they're struggling with diet, suggest adding one healthy item to their plate each day.

Track Progress Over a Month

Encourage your clients to monitor their progress towards this goal for a month. Have them note down both their successes and any obstacles they encounter.

Regular Check-ins and Support

Schedule regular sessions to discuss their journey, celebrate their efforts, and reflect on the lessons learned about the importance of consistent actions.

This approach will help your clients shift their mindset towards sustainable growth and improvement in their fitness journey. By engaging in “The Consistency Challenge”, your clients can experience firsthand the benefits of shifting their mindset from perfection to consistency. This exercise not only promotes a healthier approach to fitness but also empowers them to embrace the learning process, setting them on the path to long-term success.

TIP 4: PROMOTE SELF-AWARENESS & THE PURPOSE OF ACTION

As a coach, fostering self-awareness is a crucial element. Self-awareness allows clients to understand their habits, motivations, and emotions related to eating and fitness. It's the foundation upon which positive change is built.

As a coach, you can help your clients develop self-awareness in the following ways:

ENCOURAGE REFLECTION

Encourage your clients to reflect on their eating habits and exercise routines. Ask them to keep a journal where they record what they eat, when they eat, and how they feel before and after meals. This simple practice can reveal patterns and trigger points.

MINDFUL EATING

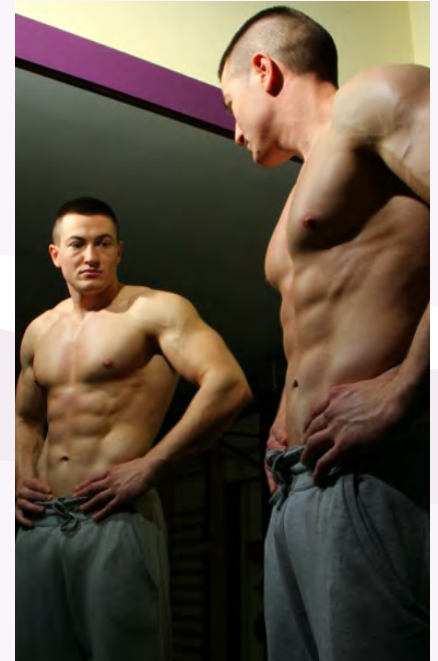
Teach clients about mindful eating. This involves being fully present during meals, savoring each bite, and paying attention to hunger and fullness cues. A mindful approach to eating can help clients make healthier choices and enjoy their food more.

EMOTIONAL CHECK-INS

Periodically check in with your clients about their emotional state. Ask them how they feel and whether their emotions impact their eating or exercise. This can create awareness of the emotional aspects of their relationship with food and fitness.

GOAL SETTING WITH SELF-REFLECTION

When setting goals, encourage your clients to reflect on what truly matters to them. Help them understand the “why” behind their goals. This self-reflection can make their goals more meaningful and motivating.



TIP 4:

PROMOTE SELF-AWARENESS & THE PURPOSE OF ACTION

IMPLEMENTATION EXERCISE TIP: THE “FOOD JOURNAL CHALLENGE”

As a practical exercise, introduce your clients to the “Food Journal Challenge.” Here’s how it works:

1. Ask your clients to keep a food journal for a week. In this journal, they should record everything they eat and drink, along with the time, portion size, and their emotional state before and after eating.
2. Have them write down any cravings, triggers, or situations that lead to specific eating choices.
3. At the end of the week, review the journal together. Discuss any patterns, triggers, or emotional connections to their eating habits.
4. Encourage them to set small, realistic goals based on their reflections. For example, if they notice emotional eating in the evenings, suggest strategies to address it, such as practicing mindful eating or finding alternative ways to cope with emotions.

By implementing the “Food Journal Challenge,” you’re helping your clients become more self-aware about their eating habits, which is a vital step in creating lasting change. It’s an exercise that not only promotes awareness but also provides valuable insights for personalized coaching.

TIP 5: CULTIVATING A GROWTH MINDSET & OVERCOMING SELF-LIMITING BELIEFS

To excel as a coach, you want to master the skill of helping clients cultivate a growth mindset and overcome self-limiting beliefs. This transformative journey, is about empowering clients to embrace challenges, learn from setbacks, and believe in their ability to grow and succeed. It is also urging your clients to believe in their ability to grow through hard work and dedication, seeing challenges as opportunities for personal development.



You must work with your client to uncover and discuss beliefs that hinder progress, whether related to self-worth, abilities, or fear of failure as well as challenging and reframing negative thoughts into empowering statements focused on learning and improvement.

You want to help them shift the focus from final outcomes to the journey itself, emphasizing the importance of celebrating every step taken toward their objectives.



TIP 5:

CULTIVATING A GROWTH MINDSET & OVERCOMING SELF-LIMITING BELIEFS

IMPLEMENTATION EXERCISE TIP: “THE GROWTH MINDSET JOURNAL”

To actively cultivate a growth mindset and overcome self-limiting beliefs, introduce your clients to “The Growth Mindset Journal.” Here’s how it works:

1. Provide your clients with a journal dedicated to this exercise.
2. Instruct them to take a few minutes each day to write down their self-limiting beliefs or negative thoughts. Encourage them to be honest and specific.
3. After recording their self-limiting beliefs, have them reframe these beliefs into growth-oriented statements. For instance, if they wrote, “I’m not good at this,” they can reframe it as, “I’m learning and improving in this area.”
4. Encourage your clients to reflect on their progress regularly. Have them review their journal entries, emphasizing the positive changes in their mindset.
5. Discuss their experiences and insights during coaching sessions, offering guidance and support when needed.

“The Growth Mindset Journal” is an ongoing exercise that can significantly contribute to the cultivation of a growth mindset and the removal of self-limiting beliefs. It’s a practical tool for clients to actively work on shifting their perspectives and embracing personal growth.

TIP 6:

ADDRESS SELF-SABOTAGE & ITS ROOTS

Your client's success isn't going to be permanent and successful if they aren't able to tackle self-sabotage. You may have already seen, working with clients, that self-sabotage plays a critical role in guiding clients towards their goals.

Self-sabotage can take on different forms and can be a complex and multifaceted phenomenon that will impact your clients during various phases of their journey, including weight loss or even those trying to heal their relationship with food and their body.



IDENTIFYING SELF-SABOTAGE IN WEIGHT LOSS

1. Fear of Change

People fear change, even if it's a change for the better. As a coach you may have even experienced this yourself in your own journey. The new identity they have to embody of a healthier lifestyle and new body they aren't yet familiar with can feel scary, leading to self-sabotage as a way to maintain the status quo.

2. Comfort Zone

People tend to gravitate toward their comfort zones. Weight loss often requires getting uncomfortable, stepping out of that zone, which can trigger self-sabotage as a means of reverting to familiar, albeit unhealthy habits.

3. Emotional Coping

Food is often used as a coping mechanism for emotional stress. When clients attempt to reduce emotional eating by being more intentional, sometimes, they may face internal resistance and self-sabotage when trying to find alternative ways to cope with their emotions.



TIP 6: ADDRESS SELF-SABOTAGE & ITS ROOTS

4. Limiting Beliefs

Negative beliefs about one's ability to lose weight or maintain it can lead to self-sabotage. Believing that they are "destined" to be overweight or that they lack the willpower for change can be self-fulfilling prophecies.

5. Perfectionism

The pursuit of a perfect weight loss journey can result in self-sabotage. Unrealistic expectations and self-criticism can lead to giving up entirely when minor setbacks occur.

6. Unhealthy Eating Patterns

Long-standing unhealthy eating habits can become deeply ingrained. When attempting to make positive changes, clients may find it challenging to break these habits, leading to self-sabotage in the form of reverting to familiar, unhealthy eating patterns.

7. Lack of Routine

Establishing new, healthier habits often requires a consistent routine. The absence of a structured routine can make it easier for clients to self-sabotage by falling back into old, less healthy habits.

8. Social Influences and Toxic environments

Including unsupportive family or social circles or peer pressure, can influence self-sabotaging behaviors. Clients may find it challenging to make positive changes in an environment that does not support or validate their efforts.



9. Food Availability

Living in an environment where highly palatable and energy dense food options are readily available could facilitate self-sabotage, especially when clients are either starting their journey or they are experiencing dieting fatigue plus being constantly tempted by the presence of such foods.

10. Stressful or Demanding Work/High-Stress Environments

Can exacerbate self-sabotage. Stress often leads to emotional eating or unhealthy coping strategies, making it difficult to maintain progress.



TIP 6:

ADDRESS SELF-SABOTAGE & ITS ROOTS

IDENTIFYING SELF-SABOTAGE IN HEALING THE RELATIONSHIP WITH FOOD:

1. Guilt and Shame

Clients with a troubled relationship with food often carry guilt and shame associated with their eating habits or their past. As they attempt to heal, these emotions may lead to self-sabotage, as they feel unworthy of positive change.

2. Emotional Associations and Triggers

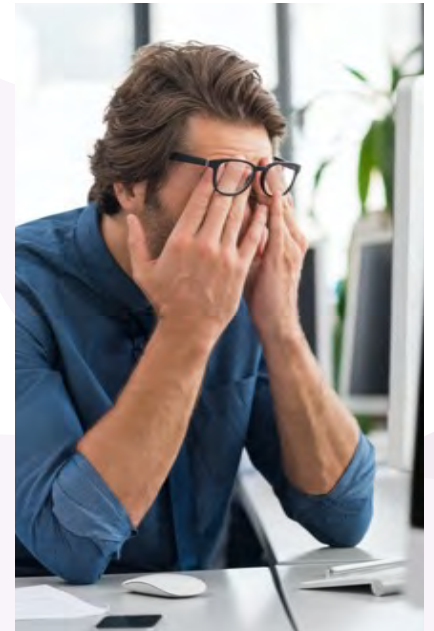
Food is intertwined with emotions for many people. Releasing these emotional connections can be challenging and evoke self-sabotage as they navigate the unfamiliar territory of food without emotional attachments. Also, past trauma, whether related to body image, self-esteem, or emotional well-being, can act as emotional triggers for self-sabotage. Unresolved trauma may lead to self-sabotaging behaviors as clients grapple with their emotions.

3. Lack of Coping Strategies

if food has been the primary coping mechanism for stress or emotions, clients may self-sabotage when they lack alternative strategies to deal with personal challenges. In addition, clients with past trauma may have developed certain coping mechanisms, such as using food to soothe emotional pain. Healing their relationship with food can be complicated, as they will need to find new, healthier coping ways to replace these old habits.

4. Identity Change

Transforming one's relationship with food often involves a shift in self-identity. This change can be intimidating, leading to self-sabotage as clients struggle to embrace their evolving identity.



TIP 6: ADDRESS SELF-SABOTAGE & ITS ROOTS

Understanding the roots of self-sabotage in these contexts is essential for coaches and clients. It enables a more empathetic and holistic approach to address self-sabotaging behaviors and work towards lasting, positive change. It's not just about changing habits; it's about transforming one's mindset and emotional relationship with food and weight.

Addressing all these factors, whether they stem from habits, trauma, emotions, or toxic environments, is crucial in helping clients navigate self-sabotage.

Coaches play a vital role in guiding their clients towards recognizing and mitigating these influences, as they work to foster lasting, positive changes in their relationship with food and weight. As you may be aware, identifying these challenges and addressing them is the most challenging, and with personal growth, professional development, experience, and open communication will make this process much easier.

As a coach, you also should strive to create a supportive and non-judgmental environment that allows clients to explore and address these factors at their own pace. If the issue remains unresolved, collaboration with specialists can provide additional insights and guidance for the client's well-being.



TIP 6:

ADDRESS SELF-SABOTAGE & ITS ROOTS

IMPLEMENTATION EXERCISE TIP: “SELF-SABOTAGE JOURNAL”

1. Provide your clients with a dedicated journal for this exercise.
2. Instruct them to regularly record instances of self-sabotage as they occur. Ask them to describe the thoughts, feelings, and actions associated with each episode.
3. Encourage reflection on the root causes of these self-sabotaging behaviors. What triggers these behaviors? Are there underlying fears, past experiences, or beliefs contributing to self-sabotage?
4. Help clients develop strategies to counter self-sabotage. This could involve techniques like positive self-talk, visualization, mindfulness, or setting actionable goals to replace self-sabotaging behaviors.
5. Regularly review the journal together during coaching sessions. Use the journal as a tool to track progress, identify patterns, and adjust strategies as needed to address and overcome self-sabotage.

This “Self-Sabotage Journal” exercise encourages clients to actively observe and reflect on their self-sabotaging behaviors, identify triggers, and work collaboratively with their coach to develop strategies for addressing and mitigating self-sabotage.



TIP 7: HELP CLIENTS DEFINE THEIR CORE VALUES & BELIEFS

In the realm of coaching, assisting clients in defining their core values and beliefs is a transformative step.

Core values are deeply held beliefs and principles that guide a person's thoughts, actions, and decisions. They represent what a client considers most important in life and serve as a foundation for setting goals, making choices, and determining their sense of purpose.

Core values and beliefs act as the compass guiding decisions, behaviors, and overall client's well-being. Also, core values tend to remain relatively stable over time, and while they can evolve as a person grows and learns, they typically represent enduring principles that provide a sense of consistency and direction. Core values can vary widely from person to person. Some common examples include integrity, honesty, family, health, creativity, or adventure. What's essential is that these values deeply resonate with the individual and shape their choices and actions.

Defining core values is essential as they provide clarity and focus, reducing confusion and indecision. When aligned with goals and actions, core values lead to deeper motivation and commitment, resulting in a greater sense of fulfillment and happiness. This alignment empowers clients to set meaningful goals, make decisions that resonate with their values, and find resilience in their core values when facing challenges.

Overall, identifying core values leads to a journey of self-discovery, self-awareness, and self-empowerment, helping clients live a more purposeful and intentional life that aligns with what they truly care about.



TIP 7:

HELP CLIENTS DEFINE THEIR CORE VALUES & BELIEFS

HERE IS HOW YOU CAN GUIDE YOUR CLIENTS THROUGH THIS PROCESS:

1. Self-Discovery

Encourage your clients to delve into self-discovery. This journey involves introspection, open discussions, and reflecting on their life experiences and priorities.

2. Identify Core Values

Work closely with your clients to identify their core values and beliefs. These could be related to health, relationships, personal growth, or any other aspect that holds significance for them. Coaches can also guide clients through a series of self-reflection questions to explore their core values. These questions may include:

- What principles do you believe are most important in life?
- When have you felt the most fulfilled and aligned with your values?
- What causes or issues are you most passionate about?
- What qualities do you admire most in others?

Coaches can use these tools or create their own questionnaires tailored to their clients' needs. These assessments and questions can be a starting point for in-depth discussions and self-discovery, helping clients uncover and define their core values and beliefs.

3. Prioritize Values

Help your clients prioritize their values. This entails determining which values are at the very core of their identity and aspirations.

4. Alignment with Goals

Assist your clients in aligning their goals and actions with their core values. Encourage them to make choices and decisions that resonate with what matters most to them.

5. Embrace Consistency

Stress the importance of consistency in living in harmony with their values. Consistency not only nurtures a sense of purpose but also contributes to your client's confidence that they can do it!



TIP 8:

FINDING THE TRUE “WHY” & DESIGNING MEANINGFUL GOALS

In the coaching process, goal setting isn't just about deciding to lose weight or get fit; it's about uncovering the deeper motivations that fuel these goals. Meaningful goals resonate with a client's core values and provide a strong 'why' behind their actions, which is essential for long-term commitment and success. Hence, assisting clients in discovering their true “why” and crafting meaningful goals is a pivotal step a true coach will always explore with their clients.

1. DEEP INQUIRY-DISCOVERING THE WHY

Engage in deep, open-ended conversations with your clients about what health and fitness mean to them and why they seek change. Ask probing questions to uncover their motivations and underlying desires. In other words, use probing questions to delve beyond surface-level desires, reaching into the emotional and personal space that drive behavior.

Questions like “What is it that truly drives you?” and “Why is this goal important to you?” can elicit valuable insights.

2. VALUES ASSESSMENT-LINKING GOALS TO VALUES

Encourage clients to identify and rank their core values. Assist clients in articulating how their fitness goals align with their broader life values. For example, improving health may connect to being a better parent, excelling at work, or experiencing more joy in life.

Understanding what truly matters to them helps in setting goals that align with their values. Help them to see fitness goals not as end results but as part of a larger journey towards their ideal self.

3. VISION BOARD CREATION

Suggest the creation of a vision board. Ask clients to compile images, words, and symbols that represent their goals and aspirations. This visual representation can serve as a powerful reminder of their “why”. Encourage clients to visualize their success. Guided imagery exercises can help them connect with the emotional and psychological benefits of achieving their goals, reinforcing their commitment.



TIP 8:

FINDING THE TRUE “WHY” & DESIGNING MEANINGFUL GOALS

4. SMART GOAL SETTING

Use the SMART (Specific, Measurable, Achievable, Relevant, Time-bound) criteria when defining goals. This framework helps ensure that goals are clear, attainable, and meaningful.

5. IDENTIFY INTRINSIC MOTIVATION

Explore what aspects of the goal intrinsically motivate your clients. Having clear values help when choosing goals as it ensures that actions are guided by personal beliefs and priorities, fostering intrinsic motivation and consistency over the long term. Values-driven goals provide clarity and purpose, making them more resilient to fluctuations in motivation and helping individuals prioritize their efforts. Is it the sense of accomplishment, personal growth, or a deeper connection with their values? Identifying these internal drivers can enhance the significance of their goals.

6. BREAK DOWN GOALS AND PRIORITIZATION



Assist clients in breaking down larger goals into smaller, manageable steps. This not only makes the journey more achievable but also provides a sense of progress and accomplishment along the way. Work with your clients to organize their goals in a way that makes sense for their lives and schedules.

Prioritize goals to focus on what can have the most immediate impact and what is most inspiring for them.

7. ALIGNMENT

Strategic Planning for Stages of Change: Guide clients through setting goals that correspond with their current stage of readiness in the Transtheoretical Model of Change (Precontemplation, Contemplation, Preparation, Action, Maintenance). For instance, for someone in the contemplation stage, set goals that raise awareness and knowledge about health and fitness. For the preparation stage, create plans and schedules.

TIP 8:

FINDING THE TRUE “WHY” & DESIGNING MEANINGFUL GOALS

8. GOAL REVIEW AND ADAPTATION

Regularly review and adapt goals to ensure they remain meaningful. As clients evolve, their “why” may also evolve. Being flexible in goal setting allows for continued motivation.

9. ACCOUNTABILITY AND SUPPORT

Provide ongoing support and hold clients accountable for their goals by establishing a consistent reminder of their ‘why’ helps them remain focused, even when progress seems slow. Use their ‘why’ to anchor every effort to remind them of the larger picture. Knowing that they have someone to share their progress with can keep them focused on their “why”.



By keeping these three points in mind, you can guide your clients toward goals that stick because they’re tied to what they care about most. It’s not just about the fitness plan; it’s about fitting the plan to their life and what gets them up in the morning.

TIP 9:

GUIDE CLIENTS IN SETTING UP FOR SUCCESS BY CREATING HEALTHY BOUNDARIES

As a coach, one of your key roles is to help clients carve out spaces in their lives where they can grow and thrive. Establishing healthy boundaries is crucial for this process, as it allows clients to prioritize their well-being and goals, protecting their time and energy for what truly matters.

Healthy boundaries are essential for success because they act like the rules of the game for personal health and well-being. By creating a set of clear guidelines, coaches can help clients stay focused, reduce stress by managing their commitments, and boost confidence through successful decision-making. These boundaries enable clients to prioritize their efforts, say no to distractions or unhelpful habits, and yes to self-care and rest, ensuring they can sustain their health journey over the long term. In short, setting healthy boundaries is about teaching clients to protect their time and efforts like a goalie defends the net, allowing them to play the long game in achieving and maintaining their fitness goals.

HOW TO HELP CLIENTS SET BOUNDARIES:

1. Spotlight on Priorities

Help clients pick their non-negotiables – like family time, workouts, or meal prepping – and protect these the way they'd protect a lead in a critical game.

2. Clear 'Offside' Lines

Just like in soccer, make it clear what's 'out of bounds.' Teach clients to recognize when work or social obligations are creeping into personal time and how to kindly but firmly keep them out, or work around them.

3. Self-Care Timeouts

Make sure they know that rest isn't quitting – it's an essential part of playing the long game. Encourage them to take breaks before they're burned out.



TIP 9:

GUIDE CLIENTS IN SETTING UP FOR SUCCESS BY CREATING HEALTHY BOUNDARIES

IMPLEMENTATION EXERCISE TIP: “ASSIST CLIENTS IN ESTABLISHING HEALTHY BOUNDARIES”

1. Teach clients to treat themselves as top priority. This means learning to say ‘no’ to non-essential demands and scheduling regular exercise, healthy eating, and rest like any other critical appointment.
2. Help clients to define their limits clearly, create consistent routines, and communicate their boundaries to others. Encourage them to stick to these limits strictly, reinforcing the importance of discipline in self-care.
3. Advise clients on maintaining a flexible balance where boundaries adapt to life’s changing demands while still protecting their well-being. Regularly assess and adjust these boundaries to ensure they remain aligned with personal goals and lifestyles.

Remember, coaching isn’t just about the hustle; it’s about helping clients play smarter, not harder. By teaching them to set and honor their own boundaries and values, you’re setting them up to win their personal health games. It’s about building the right habits for a lifetime, not just a season.

By teaching your clients to establish and respect their own boundaries, you give them a toolkit for personal growth and self-respect that supports their journey through change. This process not only aids in achieving their fitness goals but also in fostering a healthy, balanced lifestyle.



TIP 10:

UTILIZE MOTIVATIONAL INTERVIEWING FOR BEHAVIOR AND HABIT CHANGE

If you want to be a great coach, utilizing motivational interviewing (MI) is going to be a powerful approach to facilitate behavior and habit change in your clients. This step is a critical one to the coaching process, which will significantly contribute to your client's success.

MI is a client-centered, collaborative method that helps clients explore their ambivalence towards change and move through the stages of change more effectively.

MI is founded on the principle of empathy and collaboration. It centers on the client, with the coach providing a supportive and non-judgmental space for clients to express their feelings, concerns, and goals.



MI focuses on exploring ambivalence. Ambivalence is a common challenge clients face when trying to change behaviors or habits. MI then helps clients explore and resolve this ambivalence. It recognizes that individuals may have mixed feelings about change and that this is a normal part of the process.

Stages of Change: Motivational interviewing acknowledges that clients may be in different stages of change, from precontemplation (not yet considering change) to action (actively making changes). It helps clients identify their current stage and guides them toward the next steps.

HOW DOES MI HELP CLIENTS MOVE THROUGH STAGES OF CHANGE?

Engagement and Exploration

MI begins with building rapport and engaging clients in open-ended conversations. Coaches use reflective listening and open questions to explore clients' motivations, reasons for change, and perceived barriers.

Clarifying Goals

MI helps clients clarify their goals and the importance of those goals. Coaches assist clients in recognizing the significance of change to enhance motivation.

TIP 10:

UTILIZE MOTIVATIONAL INTERVIEWING FOR BEHAVIOR AND HABIT CHANGE

Resolving Ambivalence

For clients in the contemplation or preparation stage, MI assists in resolving ambivalence by exploring the pros and cons of change. Coaches guide clients to weigh the benefits of change against the costs of staying the same.

Planning and Commitment

In the action and maintenance stages, clients may require support in planning and committing to specific actions. MI helps clients set realistic goals and develop strategies to implement changes effectively.

Building Self-Efficacy

MI fosters self-efficacy by reinforcing clients' belief in their ability to change. Coaches encourage self-motivating statements and celebrate even small successes to enhance self-confidence.

IMPLEMENTATION EXERCISE TIP: “MOTIVATIONAL INTERVIEWING ROLE-PLAY”

Conduct role-play sessions with another coach where you take on the role of the coach, and they play the client. Practice engaging in MI conversations where you explore their motivations, ambivalence, and goals.

Provide feedback and guidance to improve their ability to engage in reflective listening, ask open-ended questions, and support clients in their change process.

CONCLUSION & NEXT STEPS

These 10 tips have shed light on the holistic approach to coaching. These tips are not just a set of rules but a practical guide to help you as a coach to empower your clients to not only achieve their fitness goals but also transform their lives.

As you move forward, consider implementing these tips into your coaching. Each tip can serve as a catalyst for transformation in your clients' lives. Keep the lines of communication open with your clients, collect feedback, and adapt your coaching style to their unique needs. Stay committed to professional development by exploring recommended books and resources, expanding your knowledge, and enhancing your coaching skills. Network and collaborate with fellow professionals in the field to exchange insights and experiences.

Additionally, engage in self-reflection to apply these principles not only to your coaching practice but also to your own life. Holistic coaching is an ongoing journey, and your dedication to guiding clients toward their goals is a powerful force for positive change. Your expertise and commitment are the driving forces behind their achievements, and you have the potential to inspire, empower, and transform lives, one client at a time.



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1. "The Art and Science of Personal Training" by Paul M. Juris and Robert L. Sausen
2. "Motivational Interviewing in Nutrition and Fitness" by Dawn Clifford and Laura Curtis
3. "The Coaching Habit: Say Less, Ask More & Change the Way You Lead Forever" by Michael Bungay Stanier
4. "Mindset: The New Psychology of Success" by Carol S. Dweck - This book explores the concept of mindset, with a focus on adopting a growth mindset, which is highly relevant to the idea of prioritizing consistency over perfection.
5. "The Slight Edge: Turning Simple Disciplines into Massive Success and Happiness" by Jeff Olson - This book emphasizes the power of small, consistent actions over time and how they can lead to significant success.
6. "Grit: The Power of Passion and Perseverance" by Angela Duckworth** - Angela Duckworth discusses the importance of grit and perseverance in achieving long-term goals, aligning with the idea of consistency.
7. "The Big Leap: Conquer Your Hidden Fear and Take Life to the Next Level" by Gay Hendricks - This book explores the concept of an upper limit problem, which often leads to self-sabotage, and provides strategies for overcoming it.
8. "The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt" by Russ Harris - Russ Harris offers practical tools for addressing self-sabotage caused by self-doubt and fear.
9. "The Now Habit: A Strategic Program for Overcoming Procrastination and Enjoying Guilt-Free Play" by Neil Fiore - This book delves into strategies for combating procrastination, a common form of self-sabotage.
10. "Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead" by Brené Brown - Brené Brown's work explores the importance of vulnerability and authenticity in living in alignment with one's values.
11. "Start with Why: How Great Leaders Inspire Everyone to Take Action" by Simon Sinek - While focused on leadership, this book emphasizes the significance of defining core values as a basis for inspiring action and success.

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12. “Motivational Interviewing: Helping People Change” by William R. Miller and Stephen Rollnick - This foundational book provides an in-depth understanding of motivational interviewing techniques and strategies.
13. “Motivational Interviewing in Nutrition and Fitness” by Dawn Clifford and Laura Curtis - This resource specifically explores the application of motivational interviewing in the fields of nutrition and fitness.
14. “Find Your Why: A Practical Guide for Discovering Purpose for You and Your Team” by Simon Sinek, David Mead, and Peter Docker – This book offers actionable insights into finding the deeper purpose behind work and life goals.
15. “Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones” by James Clear – Clear’s book is essential reading for understanding how small changes can lead to remarkable results when they’re aligned with personal values and a clear why.\
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