

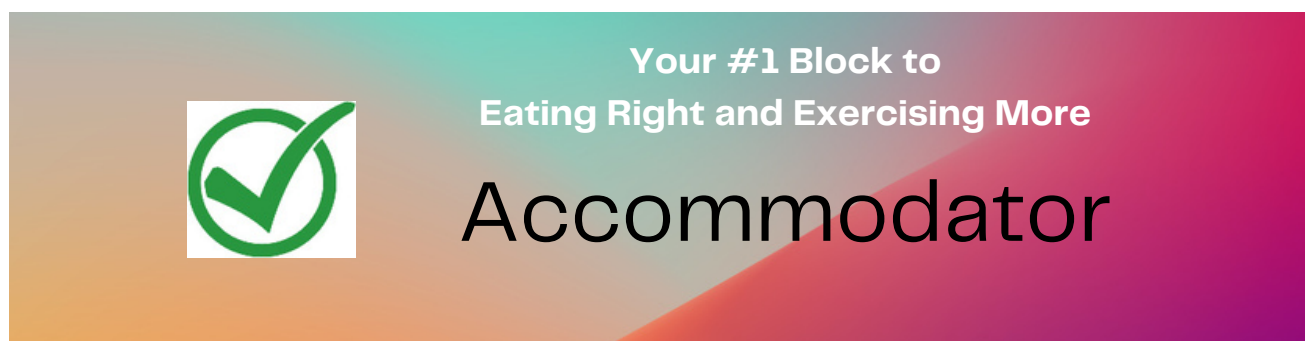
Your Personal Assessment Results

Here's your #1 BLOCK to eating right and exercising more

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Your Personal Assessment



This report tells you one of the reasons why you may have found it difficult to reach your goals in the past. It is by no means the only answer, but it does highlight a tendency you have that can work against you.

We have identified 5 common areas where people may struggle to find a clear path to the changes they want to make. Many of us can succumb to these pitfalls and find it difficult to overcome them. We call them “blocks” that can get in the way of achieving eating and exercise goals.

We support exploring some common thinking, attitudes, or automatic behaviors that can get in the way of spending your precious time to make the changes you want.

Here is what your assessment tells us:

You are an Accommodator.

You have a tendency to accommodate others’ needs over your own. You like to be helpful, and that can feel very satisfying! But accommodating others may stop you from staying focused and following through on your personal goals.

Your goals can get jettisoned when you are in a family or social situation. Your family eats a certain way that works for them. They don’t want to accommodate your new habits. You are out on a limb, needing different meals, snacks, or even mealtimes than the rest of the group.

In social situations, you may be dragged into sharing items that are not in line with your goals. Or, you may be surrounded by easy, fun, unhealthy foods that everyone is enjoying, so you make an “exception”.

It can also mean that you sometimes have trouble carving out time for yourself. Your schedule is already full with work, family, and friends. It may seem impossible to find time for yourself!

Sometimes you manage stay on your diet or get to that exercise class, but then your previous life creeps back in, and it’s “back to normal.”

You may not even be clear on what got in the way of what you wanted to do for yourself. They can leave you scratching your head. What went wrong? Why did I fall off the wagon? I really wanted to do this!

Like so many of us, you started out with great ideas and goals for a healthier life that fizzled. The good news is...there is another way to reach your goals. There are some practical and achievable steps to get past this block.

In fact, there are 5 key areas where you can easily “re-wire” your thinking so that you approach reaching your goals differently. In the end, you have a completely different strategy to use, one that helps you conquer what has caused you to slip in the past. One that keeps you moving forward, using new mental and practical skills.

How To "Re-Wire Your" Thinking

1. *Understanding the truth about habit change.* It can take much longer to change habits than we have been told (hint: it’s not just 21 days). It’s also quite complicated to change several habits at once! We can easily slip back in to what feels comfortable and familiar.

2. *Considering how we make decisions.* This may seem like a funny thing to think about, but it is essential. At the most basic level, we need to focus on WHY we want to make a change. It needs to be something that you value, that is important to you. No one else can tell you what that is.

3. Think about what hasn't worked for you in the past. Once you check that out, you can kick that to the curb and move forward differently.

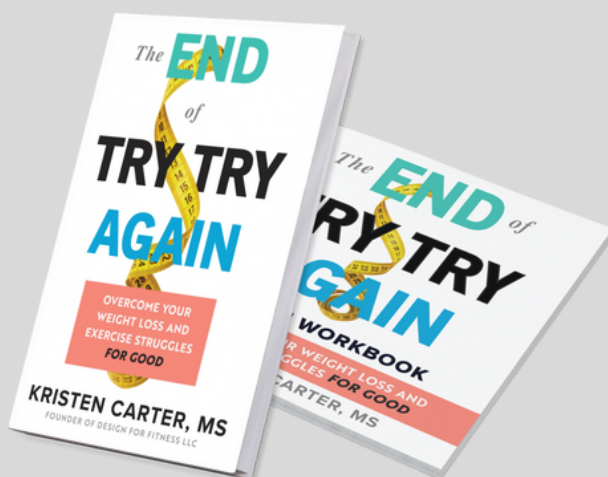
4. Defining the skills you are going to need. We are not talking about willpower. It is more practical than that. Managing your time, learning about nutrition and getting efficient at healthy eating, and discovering what exercise will work for you are all key components.

5. Focusing on making small habit changes, one at a time. In addition, YOU are the one who chooses which change to make, and when. Then you practice that change, getting used to it, making space for it in your life. Always with your eye on the goal, but celebrating each win along the way.

How can you make this happen?

My book, *The End of Try Try Again*, and the accompanying *Action Workbook* walk you through all five of those key areas and more. *The End of Try Try Again* gives you a brand-new way of making your goals a reality. The *Action Workbook* takes it a step further and guides you all along the way to a new path...one where you decide what is going to work for you each week.

You will be able to move forward with the tools you need to approach eating and exercise differently. You can bust through the things that may be causing you to feel stuck before you even start. **Check out my books below!**



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Congratulations and Thank You!

Thanks for making the time to take this Assessment.

And Congratulations!

Because with this information you are on your way to discovering what has REALLY been getting in the way when you try to reach your eating and exercise goals.

Hi – I'm Kristen Carter, MS, Exercise Physiologist and Health Coach, and creator of this Assessment.

Over the past 30 plus years, I have helped countless individuals meet their health and fitness goals. During this time, I noticed that there are blockers that come up again and again that get in the way.

That led me down the path of creating this Assessment, so you can get instant clarity about YOUR #1 Healthy Eating and Exercise block...and how to overcome it and move forward.



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