



**NUTRITION.
BUILT.
STRENGTH.**
BY BE STRONG STAY FIT, INC.



NBS101 6-week Bootcamp

An Intro to Macros & Building a Healthier Relationship
with Food

www.nutritionbuiltstrength.com



Mindset & Goal Setting

- Week 3 - 1/2 way through!
- What's your biggest win so far?
- Where are you still struggling?



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Why is self-reflection important?

NEW
MINDSET

NEW
RESULTS

Chelsea Price NBS Dietician

- Undergraduate degree from Southern Illinois University Carbondale, 2012
- Master in Dietetics, 2014
- Registered dietitian for 8 years with 7 years of experience in the area of weight management and bariatric surgery.
- Became an RD after her own struggles with weight as a child and realizing that striving to be the lowest weight possible and hating food was not the right way to do things.





What Is Self-Reflection?



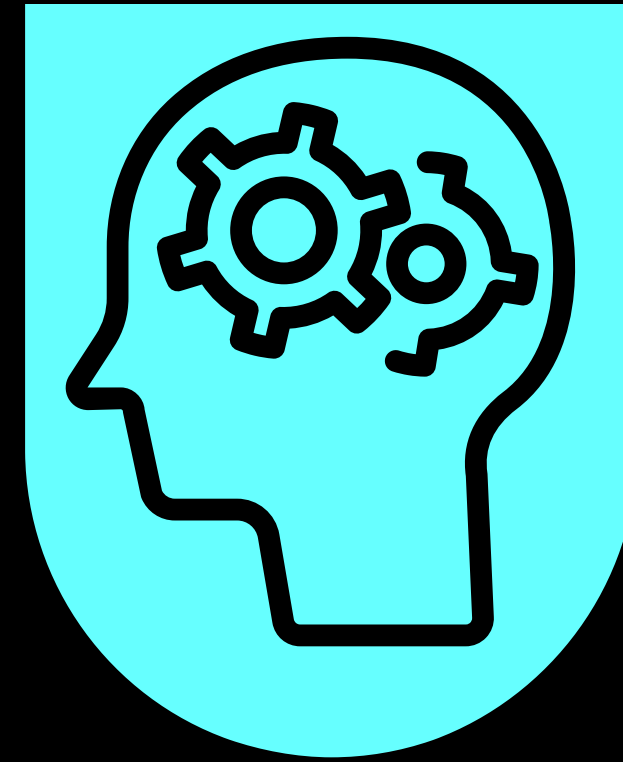
Take time

Think, meditate, and evaluate your own behaviors, thoughts, attitudes, motivations, and desires.



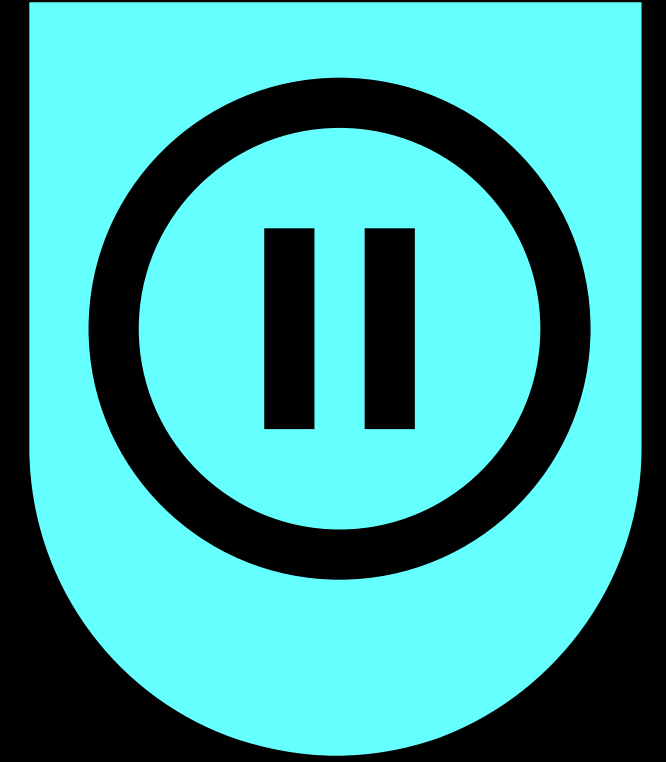
Dive deep

Examine your emotions and motivations – determine the “WHY” behind them.



Analyze

Look at both the micro and macro levels of your life.



Pause

Temporary break from the chaos to ponder about our lives.

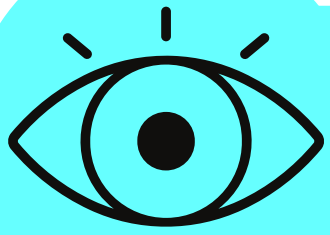
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“Reflection is a deeper form of learning that allows us to retain every aspect of any experience, be it personal or professional – why something took place, what the impact was, whether it should happen again – as opposed to just remembering that it happened. It’s about tapping into every aspect of the experience, clarifying our thinking, and honing in on what really matters to us.”

Geil Browning, Ph.D.



Benefits of Self-Reflection



Gain perspective



Respond more effectively



Promotes learning and understanding

Self-Assessment

Journaling

Step 1: Determine period of time you plan to look back on – week – month – year
Step 2: Take stock of what actually happened in that time: Travel, personal or family milestones, relationship changes/work/passion projects



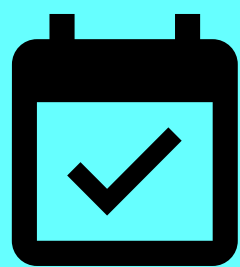
Highlights?

- Do your highlights involve certain people?
- Any specific activities?

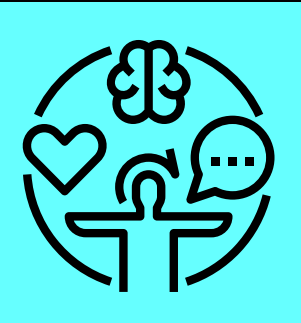


Lowlights?

- Was this within my control?
- If **YES**: ask yourself what you could do differently next time
- If **NO**: ask yourself how you may find peace with it.



- What do you want to accomplish in the next month, year, five years?



- What do you want to change about your life? What can you improve on?



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Reframing Success

- ➔ Non-scale victories
- ➔ Have realistic expectations
- ➔ Break big goals into smaller ones
- ➔ Use past success as your guide
- ➔ Reward yourself



Specific

WHAT?
WHO?
STEPS TO ACHEIVE IT.



S

Attainability

REALISTIC >
PEDASTALS



M

A

R

Time

BE REASONABLE



T

Measurable

QUANTIFY THE
GOAL SO IT'S
TRACKABLE.

Relavant

WHY ARE YOU
SETTING THIS GOAL?

Mindset Exercise





Homework

Use NBS101 Toolkit pages 8 & 9:
goal setting & self assessment

THANK YOU!