

FOOD & MOOD

COACHING

WEEK 12 – MAINTAINING SUCCESS & PROGRESS

WELCOME TO **WORKSHOP 12**

The end of this part of your journey is only the beginning. It's time to celebrate how far you have come and prepare for the continued success and progress journey that lays before you. It is normal and expected to face ongoing challenges, distractions, and plateaus. In the supporting resource for this week 'Maintaining success and progress' we discuss actions you may wish to explore if you do hit plateau.

01. Dealing with plateau

Come up with 3 things you can do if and when you notice a plateau in your progress to help you kickstart success.

- 1.
- 2.
- 3.

02. Living life and staying in success

Come up with 5 top tips for yourself that will help you stay in the mode for success i.e., keep you on track to maintain and progress your results.

- 1.
- 2.
- 3.
- 4.
- 5.

03. ACTIVE REFLECTION

1. Take a moment to reflect on your SMART program goal(s). Have you achieved your goal(s)? If so, what do you attribute your success to?
2. Have you still got some way to go to fully achieving your goal(s)? If so, that is great, we all work in different timelines.
3. Is there anything you would consider differently now as you continue to reach your goal(s) fully?

Take a moment now to reflect upon the overall positive changes you have noticed throughout your Food & Mood program.

04. Re-record your resting BP

With a partner record your respiration rate (RP).

- + Ask your partner to time you for 1 minute.
- + Sitting or lying quietly, place a hand over your belly or chest, and count from when your partner starts the timer, how many times your chest or belly rises over the course of 1 minute.
- + Make sure you both have the opportunity to be timed.

Date:

Day:

Time:

RP (breaths per minute):

