

**Handout
#1**

Fueling Excellence: Nutritional Insights To Unleash Your Inner Leader

ED Feeds Families Brown Bag Event

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Intersection #1: Beliefs drive our actions and behaviors. This is true for leadership actions, true for nutritional habits, and true for nearly all of our daily choices.

Questions To Ask Yourself:

- (Thinking) How much do I believe nutrition has a role in being my best every day?
- (Feeling) How might my emotions/feelings play out if I start to change my eating habits?
- (Feeling) How empowered do I feel to make some adjustments?
- (Action) What's the first habit I want to change? How do I know that is most important?
- (Result) What are the benefits I am hoping to achieve by making that change? By when?

“A thousand and one things can rise up and get in the way of what you want to accomplish. Commitment breaks down those barriers, and shows you the way you never dreamed possible.”

The Thinking Path, via the Georgetown University Coaching Program

Thinking → Feeling → Action → Result



Intersection #2: Ambiguity exists. We are never going to have the complete picture.

Case In (Oval) Point: Eggs

Questions To Ask Yourself:

- Do I already know enough to make good nutritional choices?
- If so, what's getting in the way of making those good choices? (Thinking Path exercise)
- If not, how will I know once I have collected enough knowledge to act?

Intersection #3: One size does not fit all. If there were a silver bullet, panacea, or single answer, we'd all be doing it already.

Handout #2, Positive Actions to Increase Your Awareness of Nutrition.

Intersection #4: Each of us can increase how much we learn from our own practices. There are tools that can help us do this. Small actions over a long period of time lead to transformation.

Handout #3, Knowledge Assessment Worksheet and Preliminary Action Plan.

“Reflection: It's not just for mirrors anymore.”