

Level 1 Skills, Practices & Daily Actions Cheat Sheet

Use this “cheat sheet” for reference, or to open a coaching conversation about what your client might need or try next.

Skill Domain: Nutrition

Skill: Eat enough nutrients

PRACTICES & SOME DAILY ACTION IDEAS

1. Eat enough protein

- Identify favorite protein sources
- Add 1 palm of protein at breakfast daily
- Make and drink a daily Super Shake
- Eat X palms of protein every day

2. Eat enough vegetables

- Identify favorite vegetables
- Add 1 fist of vegetables to lunch daily
- Make and drink a daily Super Shake
- Eat X fists of vegetables every day

3. Eat enough carbohydrates

- Identify favorite carbohydrate sources
- Develop a “carb prep ritual”
- Have 1-2 handfuls of carbs at meals
- Eat X handfuls of carbohydrates every day

4. Eat enough fats

- Identify favorite fat sources
- Try 1 new fat-rich food daily
- Have 1-2 thumbs of fats at meals
- Eat X thumbs of fats every day

5. Stay hydrated

- Check the color of your urine
- Find and use a “water trigger”
- Drink at least 1 hydrating beverage at meals

Skill: Choose better foods

PRACTICES & SOME DAILY ACTION IDEAS

1. Choose better proteins

- Fill out Red, Yellow, Green Foods Worksheet
- Substitute 1 “eat less” protein for 1 better protein daily
- Try adding a grilled protein source on your salad instead of fried

2. Choose a rainbow of colorful vegetables

- Create a list of preferred vegetables from each color
- Try 1 new & differently colored vegetable daily
- Plan 5 meals / week with varying colored vegetables

3. Choose better carbohydrates

- Fill out Red, Yellow, Green Foods Worksheet
- Substitute 1 “eat less” carb for 1 better carb daily
- Eat a whole orange instead of orange juice at breakfast

4. Choose better fats

- Fill out Red, Yellow, Green Foods Worksheet
- Substitute 1 “eat less” fat for 1 better fat daily
- Replace marinade made with “eat less” fat options with a better fat option

5. Choose better beverages

- Fill out Red, Yellow, Green Foods Worksheet
- Substitute 1 “eat less” drink for 1 better drink daily
- Have 1 fewer sugar packet in your coffee / tea daily

6. Eat mostly whole foods

- Fill out Red, Yellow, Green Foods Worksheet
- Add 3 new “eat more” food options
- Try 2 new recipes using only whole foods

Skill: Eat well consistently

PRACTICES & SOME DAILY ACTION IDEAS

1. Plan your meals

- Have Sunday family meeting to discuss weekly dinners
- Create a roster of “go to” meals
- Go grocery shopping with list of foods for planned meals
- Look at menus ahead of time before eating out
- Place your meal delivery service order

2. Prep your meals

- Make batches of foods / meals ahead of time
- Pack dinner leftovers for next-day lunch
- Pre-chop chosen vegetables every few days
- Marinate / prep your dinner protein while making breakfast
- In the morning, put dinner ingredients in the slow cooker

3. Modify your food environment

- Do a kitchen clean-out
- Keep fresh fruit on the counter / easily visible
- Keep “trigger” foods out of the house (or out of sight)
- Fill out the Kitchen Set-Up Assessment

4. Eat regular meals

- Eat the number of meals that fits your preferences and lifestyle
- Create a flexible time schedule for meals
- Build your daily schedule around your flexible meal schedule

5. Record how you're eating

- Make the PN app easily accessible to you during meals
- Set notes and reminders to take a picture of your food
- Journal: Is eating this way helpful? Does it move you closer to your goals?

Skill: Eat well intuitively

PRACTICES & SOME DAILY ACTION IDEAS

1. Eat slowly and mindfully

- Use a meal timer
- Take a breath and a sip of water between bites
- Eat dinner without any distractions
- Be the last person at the table to finish eating

2. Eat to satisfied

- Record hunger & fullness levels at start & end of meals
- Pause every 5 minutes or so to assess satisfaction levels
- Stop eating once no longer hungry (but not yet full)

3. Know why you're eating

- Notice and name the sensations of what the desire to eat feels like
- Before you eat ask yourself, “Why am I eating?” Am I eating because I am truly hungry? Bored? Stressed? Etc.
- Be ok with whatever you decide to do with that info

4. Enjoy eating

- Eat and savor a small portion of a food that you love
- Learn a new cooking technique or recipe
- Thoughtfully and carefully prepare a meal for yourself
- Journal: What do you like about the way you eat? What's working? What foods or types of meals do you look forward to?

Skill Domain: Sleep

Skill: Get deep sleep

PRACTICES & SOME DAILY ACTION IDEAS

1. Create and use a sleep ritual

- Put all screens away 30 minutes before bed
- Spend 10 minutes writing down tomorrow's to-do list
- Foam roll for 10 minutes before getting in bed
- Dim the lights; decrease noise if possible

2. Improve your sleep environment

- Find your most comfortable sleep temperature
- Use a white noise machine or app
- Install light- and/or sound-blocking shades / curtains
- Leave all devices with screens outside your bedroom

3. Adjust to your natural sleep rhythm

- Turn off your morning alarm
- Go to sleep when you feel tired
- Take note of your sleep and wake time
- If you can, get bright light and movement as soon as possible after waking

Skill: Get enough sleep

PRACTICES & SOME DAILY ACTION IDEAS

1. Set sleep targets and plan bedtimes

- Determine the time you need to wake up for your day
- Reverse count X hours of desired sleep to set bedtime
- Begin sleep ritual Y minutes before desired bedtime
- Incrementally increase sleep time each week until desired amount reached

2. Build an energizing morning routine

- Wake up to slowly increasing light or slowly building noise
- Expose yourself to more light as soon as possible upon waking
- Do some light movement (e.g., simple chores, foam rolling, mobility drills, light yoga, etc.)

Skill Domain: Stress

Skill: Tolerate stress

PRACTICES & SOME DAILY ACTION IDEAS

1. Do a mind / body scan

- Find a quiet space for 5 uninterrupted minutes
- Pause to notice physical, emotional, and thought sensations
- Work from top down - head to toes
- Notice how body sensations change your mood between positive and negative. What do you like and not like?

2. Actively de-stress

- Spend X minutes each day outside or in nature
- Walk with partner / friend / dog
- Schedule a weekly massage
- Block out X time for Y hobby each week
- Find / create and listen to a relaxing music playlist

3. Meditate

- Meditate daily, for as little as 3 minutes
- Set a reminder to meditate
- Create a comfortable meditation space
- Download an app or find guided meditation you enjoy

4. Challenge yourself

- Expose yourself to a difficult environment for X minutes
- Try a skill or practice you've mastered when things are easy, and try it in a more difficult situation
- Try something new and uncomfortable

Skill: Plan, prioritize, and prepare

PRACTICES & SOME DAILY ACTION IDEAS

1. Take a 5-minute action

- Book a time & place to workout
- Start a gratitude journal
- Foam roll for 5 minutes before bed

2. Make time and plan ahead

- Spend 5 minutes every Sunday night identifying weekly obstacles & your plan for working through them
- Schedule or create reminder for "appointments with yourself"
- Schedule something (e.g., workout, family time, etc.) you always expect to happen spontaneously

3. Create and use systems

- Fill out the Sphere of Control Worksheet
- Apply the Urgent / Important Matrix
- Create a weekly / morning / evening ritual

4. Zen your space

- De-clutter stressful spaces (bedroom, office, kitchen, etc.)
- Talk to your family / roommates / coworkers about your goals
- Make helpful items easily visible and/or used (e.g., foam roller, blender, etc.)

Skill Domain: Movement

Skill: Move often

PRACTICES & SOME DAILY ACTION IDEAS

1. Create and maintain bare minimums

- Define your movement minimum on a scale from 1-10
- Find the smallest version of your workout / activity that feels good, and do at least that
- Journal: Did you hit your bare minimum today? If not, why not? If yes, was it enough for you?

2. Spend more time moving

- Walk or bike to work
- Schedule a walking meeting
- Take a 3-minute break every hour to move

3. Support your movement routine

- Purchase some helpful home gym equipment
- Find a nearby park to exercise, or trail to walk / run / bike / hike / etc.
- Purchase some new running shoes / hiking boots / bicycle / etc.

Skill: Move well

PRACTICES & SOME DAILY ACTION IDEAS

1. Focus on form

- Notice and name physical sensations during exercise
- Do 1 mobility exercise every day
- Journal: Write down movements and sensations; track the sensations you notice and name at different points during activity

2. Know why you're moving

- Clearly define your purpose for exercise & write it down
- Identify how movements you practice in the gym could support activities you do for fun outside the gym

3. Recover well

- Do yoga 1-2x / week
- Add an active recovery day to your training
- Add an additional recovery element (e.g., hot tub, foam rolling, etc.)

4. Play

- Do a physical activity you enjoy that is not "working out"
- Try out a new physical activity
- Take part in a physical activity with a group of friends

Skill Domain: Change

Skill: Emotional regulation

PRACTICES & SOME DAILY ACTION IDEAS

1. Notice and name

- Notice where your thoughts & feelings are right now
- Direct those thoughts to the current moment
- Name those thoughts & feelings accurately

2. Break the chain

- Complete the Behavior Awareness Worksheet for 1 week
- Find patterns: notice and name them
- Take an action to break that pattern the next time it begins

3. Have a crucial conversation

- Journal what you want to express to the other person
- Confide in a trusted friend and get a second opinion of the situation
- Schedule a time to talk
- Create a safe space, and communicate calmly and non-judgementally

4. Seek connection

- Find people with similar goals and interest as you
- Make time to communicate or interact with them regularly
- Spend time with other close friends or loved ones

Skill: Self-awareness

PRACTICES & SOME DAILY ACTION IDEAS

1. Know your Why

- Fill out the 5 Whys Worksheet
- Consider how this impacts your choices

2. Discover your identities, values, and goals

- Fill out the Identity, Values, and Goals Chart
- Fill out the Wheel of Health
- Consider how these impact your choices

Skill: Growth mindset

PRACTICES & SOME DAILY ACTION IDEAS

1. Think on a continuum

- Consider a choice that you have to regularly make. Write out or draw your continuum of options
- Complete the All-or-None Worksheet

2. Reframe obstacles and seek challenges

- Remind yourself every morning that “failure” is truly just feedback
- Flip problems into curious questions: How might I...?
- Ask yourself: How might this be helpful?

3. Be self-compassionate

- Clean the slate after a difficult moment
- Remind yourself each morning that you are not alone
- Place a sticky note on your mirror: “Progress, not perfection”