

3 Steps for Making Effective Resolutions

Answer questions as best you can right now. As you progress through the Resolutions email series you'll probably want to add to your answers. Once completed, you'll have a good starting point for the free coaching call at the end of the series.



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Making Good Resolutions

Question 1

What do you deeply desire and really want from mealtimes?

One Approach--SMART Goals

If the meals of your dreams could appear on the table, what would they look like? More vegetables? Fewer carbs? Good fats? Adequate protein? Less sugar? Fewer processed foods? More vegetable variety? More affordable?

Settle on just one or two goals and then make them SMART: Specific, Measurable, Achievable, Relevant and Time-bound: _____

An Alternative Approach--Feeling-Based Resolutions

When I sit down to a meal, I'd love to feel: (write what comes to you spontaneously, but then also feel free to scan the options below for help identifying and putting your feelings into words.) _____

Goals/feelings you might be seeking

Health

Satisfied knowing that I'm cooking and eating the way my doctor/nutritionist advised

Capable of sticking to an eating approach I really want to follow, like low-carb, less red meat, Paleo, etc.

Capable of taking good care of myself

Relieved that I can make meals that help me maintain a healthy weight

Free of stress that some awful disease is going to sneak up on me because of something I'm eating

Confident that I can feed my family well

Nourished by my meals--nutritionally, emotionally and socially

Knowing without confusion what to eat that's healthy

Good Taste and Fun

Excited about making something that I actually want to eat, that will leave me feeling full and satisfied

Excited about finding and making some new recipes

Inspired to try new ingredients and flavorings

Proud that I can make meals everyone likes

Contented that everyone is sitting down and enjoying a meal and conversation together

Time and Aggravation

Less stress and overwhelm with meal making

More relaxed--feeling "ahhhhh" when I sit down to eat

3 Steps for Making Effective Resolutions

Relieved that I've got a supply of healthy surefire, "go-to" recipes that can get me through hectic and busy times

Less boredom and disappointment with what I make

Not rushed and hurried all the time, that I've got time to make decent meals

Money

Happy that I can make meals without blowing my grocery budget

Cooking Ability

Feeling of being in control at meal times and not like I'm coming from behind the curve all the time

Capable of making healthy meals that taste good

Confident that I know what I'm doing in the kitchen

Meal making flows naturally as a part of my day.

Values

Self-satisfaction that my time making meals is spent in a worthwhile way

Those at me table value and appreciate the meals I make

I'm eating in a way that doesn't harm the environment or the workers who produce my food

Greater community, friendship and interaction around meal making

My food life better reflects my values and beliefs around, e.g., nutrition, health, environment, community, family, etc.

Now proceed to Question 2



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Question 2

What's Getting in Your Way?

First, What Are Your Obstacles?

What are the annoyances, issues, people and problems that make it hard to prepare and enjoy the meals of your dreams. Don't worry about organizing or making sense of them; just dump them all in the left hand column to begin with. (See chart on the next page)

Next, What Are the Root Causes?

Now, see if you can figure out which of the six main meal making areas your obstacles belong in:

1. Lack of **healthy cooking skills** and kitchen confidence
2. Confusion about **what's healthy and what's not**
3. Missing **time strategies** to deal with hectic schedules, exhaustion, etc.
4. An **unfriendly kitchen** that refuses to be your ally and throws up barriers every step of the way
5. **Vegetable dismay**--what to buy, what to do with vegetables, how to make them taste good, how to eat lots of them
6. **Unhelpful mindsets** that don't support--and even sabotage--your healthy eating efforts

If you can, write your insights in the center column. Otherwise, don't worry; the connections will become more clear as you read the rest of the Resolutions series and have a coaching session.

Finally, What Resolutions Will Help?

If you're ready, identify some specific steps you can begin working on to get around your obstacles and start achieving what you really want out of mealtimes. I can also help you flesh this out in a coaching session..

For instance, maybe you'd love to enjoy more time experiencing good health--and you'd like to make wholesome meals that contribute to that good health. But you have a hard time getting motivated or even caring about mealtimes.

In a coaching session, I would further question you: Why don't you ever feel motivated around mealtimes? Because you make the same things over and over? Because you don't know how to make foods more flavorful? Because you snack frequently leaving you without much of an appetite at mealtimes?

If you are bored making the same old things every night, then we would probe whether that's because you don't have or take time to scout out new recipes? Because you hate to shop and so race in and out of the grocery store without ever exploring new foods? Because you've got picky eaters at the table who would turn up their nose at anything new?

As you can see, drilling down deeper and deeper gets you closer and closer to a specific resolution that will address the root barrier behind your obstacles.

Step 2

What's Getting in Your Way?

What Are Your Obstacles? What annoyances, issues, people and problems make it hard to have the meals of your dreams.	What Are Their Root Causes? In which of the six main meal making areas are your obstacles rooted?	What Resolutions Will Help? What stepping stone resolutions will help you past your obstacles?

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Question 3

Are You Ready for Change?

Are you ready for things to be different?

Yes! I'm all in

No, I'm not quite ready

Are you ready to do the work to make them different?

Yes! I'm all in

No, I'm not quite ready

I'm almost there, but first _____

(e.g., what needs to finish up or happen before you can begin; how much additional time do you need and what's your estimated start date? . . .)

What are your final resolutions?

Once you've complete the preceding steps, write your final resolutions so you have clear guidance for your efforts:

1. _____

2. _____

