

Precision Nutrition's 5S Formula for Goals

Chapter 4: Coaching

The practices-skills-goals model can be applied to every area of coaching. And it's fairly simple to comprehend. Break goals down into the skills required to accomplish those goals. And break skills down into daily practices that help develop those skills.

To create the best daily practices, you can use our 5S Formula:

Simple: The best practices are small daily actions that can be done in the context of real life. If you ask your client, "On a scale of 0–10, how confident do you feel you could do this practice every day for the next two weeks?" the answer should be a 9 or 10. Anything lower and the practice is too challenging or intimidating.

Segmental: Most goals are too big, or complicated, to try for in one go. Most skills are the same way. So break them down into defined and organized segments.

Sequential: Breaking things down into segments is great. But you also have to practice those segments in the right order. If you do "thing four" before "thing one" you're less likely to succeed. So have clients start with thing one, then do thing two, then thing three, and so on. Do the right things in the right order and success is a reliable outcome.

Strategic: Think this process sounds slow? Fact is, if your practices are strategic, the whole process goes quicker. That's because strategic practice addresses the thing that's in your way right now. Focus on that one thing—and only that thing—and a difficult process becomes easier and faster.

Supported: Practices work best when they're supported by some form of teaching, coaching, mentorship, and accountability.

These activities and worksheets are taken from the book **Change Maker**: Turn your passion for health and fitness into a powerful purpose and a wildly successful career by John Berardi, PhD.

Check it out at: www.changemakeracademy.com/book