

Translating Goals into Skills and Practices

Here's what the goals, skills, practices model looks like for a common health and fitness example: weight loss.

Chapter 4: Coaching



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