

Worksheet: Turning Failure into Feedback

For clients

At Precision Nutrition, we don't see failure, just feedback.

In other words, missteps, slip-ups, and mistakes are just information. They reveal useful data about what's not working for you and give valuable ideas about what you can do differently moving forward.

Think you've messed up? Here's how to re-approach the mistake through a 'feedback' lens.

Step 1. Be curious.

In your own words, tell the story of the day(s) the "failure" happened. What happened leading up to it? What happened after? How did you feel? What information can you gather about before, during, and after the "failure?"

Step 2. Be compassionate.

If a loved one or friend made the same mistake you made, what would you tell them to comfort them? Why would you say this?

Step 3. Be honest.

Was there anything else going on in your life when it happened? For example, were you feeling resentful, frustrated, or entitled to a certain outcome?

Step 4. Find your feedback.

From your answers above, is there an obvious reason why the failure happened? What action could you take to prevent the same thing from happening again?

Step 5. Evaluate your environment and support system.

There are two big reasons people fail at making healthy changes: a problem with their environment, or a lack of social support.

Environmental factors are things that have to do with our surroundings. For example: keeping junk food in the house, not having healthy foods readily available, and visiting restaurants or bars where it's difficult for you to make healthy choices.

A lack of social support can look like friends, partners, and family members who aren't on-board with your challenge, not having a like-minded community, and/or co-workers who roll their eyes at your meal-prepped lunches.

With this in mind, once of the best ways to prevent further "failure" is to plan and prepare. To help you avoid these future roadblocks, fill in the following questions.

Question 1. What environmental factors can you identify that played a role in your "failure?"

Question 2. What are some ways you could change your environment to avoid these factors?

Question 3. What support system might have been lacking when your failure happened?
(Hint: The goal here is not to blame, but to observe.)

Question 4. What actions can you take to strengthen that (or another) support system?