



#GoalsChallenge Attitudinal Assessment

CIRQUE_NUTRITION

This resource contains some of the motivational interviewing that Marina does with her Nutrition clients, and some of the Attitudinal Assessment questions that Erinina uses with some of her clients. Pro Tip: You can reframe many of these questions to ask yourself about any goal or change in your life.

PART ONE: NUTRITION

1. What are your motivating factors in your nutritional goals? If your goal is to “eat better,” why do you want to “eat better?”

2. What is pushing you toward that goal? Is it to be healthier, stronger, feel better, have more energy, and improve your training?

3. What will that goal help you achieve?

4. How will achieving that goal make you feel?

4. What does that goal mean to you? What does achieving that goal mean to you?

5. After answering those questions, answer this:

On a scale of 0 to 10, 0 being “I absolutely will NOT do that” and 10 being “I am doing this, and I will start right now, today!” how motivated are you? What is your motivation level?

Motivation Level: _____

6. After answering that one: Why is your motivation at that level? Why isn't it higher?
Why isn't it lower?

PART TWO: TRAINING

1. What would you consider your present attitude toward exercise and training overall?

- 1 - I can't stand the thought of it.
- 2 - I'll do it because I know I should, but I don't enjoy it.
- 3 - I don't mind exercise, and I know it is beneficial.
- 4 - I am motivated to exercise.

*Your answer: _____

How would you like to feel about your training, if you could change your feelings?

Your answer: _____

Describe why and any specifics of how you would like to change your feelings about your training and how those feelings might bring about positive change in your life:

2. What would you consider your present attitude toward goal achievement?

- 1 - I feel that whatever happens, happens, and I'll roll with the punches.
- 2 - I set goals and believe it adds clarity and gives me some control over my outcome.
- 3 - I write down my goals and believe it is a very valuable exercise in determining my future performance and achievement.
- 4 - I have written goals and I review them often. I believe I have the power to achieve anything I desire and know that setting goals is a vital part of achievement.

*Your answer: _____

How would you like to feel about goal achievement, if you could change your feelings?

Your answer: _____

Describe why and any specifics of how you would like to change your feelings about goal achievement and how those feelings might bring about positive change in your life:

3. How important to you are the concepts of health and well-being?

- 1 - I don't need to put any effort into bettering my health.
- 2 - I make certain I devote some time and effort into bettering my physical body.
- 3 - I am committed to maintaining and working to improve my health and physical well-being.
- 4 - My health and well-being are the foundation of all that I achieve, and they must remain my top priorities.

*Your answer: _____

How would you like to feel about the concepts of health and well-being, if you could change your feelings?

Your answer: _____

Describe why and any specifics of how you would like to change your feelings about the concepts of health and well-being and how those feelings might bring about positive change in your life:

4. How strong and driving is your desire for improvement in your chosen discipline?

- 1 - I'm really pretty satisfied with the way things are. Striving for improvement might leave me frustrated and disappointed.
- 2 - I'd like to improve but don't know that it's worth all the work involved.
- 3 - I love feeling as if I've bettered myself and am open to any suggestions for improvement.
- 4 - I'm driven to excel and am committed to striving for consistent and ongoing improvement.

*Your answer: _____

How strong and driven would you like to feel about improvement?

Your answer: _____

Describe why and any specifics of how you would like to change your feelings about improvement and how those feelings might bring about positive change in your life:

5. How do you feel about yourself and your abilities (self-esteem)?

1 - I am not comfortable with the way I look, feel, or perform in most situations.

2 - I would love to change many things about myself although I am proud of who I am.

3 - I'm very good at the things I must do, take pride in many of my achievements, and am quite able to handle myself in most situations.

4 - I have great strength, ability, and pride.

*Your answer: _____

How would you like to feel about yourself and your abilities, if you could change your feelings?

Your answer: _____

Describe why and any specifics of how you would like to change your feelings about yourself and your abilities and how those feelings might bring about positive change in your life:

6. How do you feel about your present physical condition in terms of it's aesthetic for your chosen discipline (flexibility, form, "lines")?

1 - I would like to completely change my body.

2 - There are many things about my form, technique, or aesthetic that I'm not comfortable with.

3 - For the most part I look and feel OK, and I can look really good in what I do well, but I do feel uncomfortable with a few things about how I look when performing certain skills.

4 - I am proud of my body and am comfortable in how I look and feel in the air.

*Your answer: _____

How would you like to feel about your aesthetic, if you could change your feelings?

Your answer: _____

Describe why and any specifics of how you would like to change your feelings about your physical aesthetic and how those feelings might bring about positive change in your life:

7. How do you feel about your present physical condition in terms of overall health?

1 - I wish I felt healthy.

2 - I feel healthy for my age compared to most people I meet.

3 - I maintain a high level of health.

4 - I am extremely healthy.

*Your answer: _____

How would you like to feel about yourself and your abilities, if you could change your feelings?

Your answer: _____

Describe why and any specifics of how you would like to change your feelings about yourself and your abilities and how those feelings might bring about positive change in your life:

8. How do you feel about your physical condition in terms of your performance in your chosen discipline (strength, skills, pain-free movement)?

1 - I feel as if I'm in very poor condition and am uncomfortable when faced with a physical challenge.

2 - I am not comfortable with my performance abilities; however, I am comfortable training to improve.

3 - I feel pretty good about my ability to perform physically although I would like to improve.

4 - I have exceptional physical abilities and enjoy being called upon to display them.

*Your answer: _____

How would you like to feel about your performance, if you could change your feelings?

Your answer: _____

Describe why and any specifics of how you would like to change your feelings about your performance and how those feelings might bring about positive change in your life:

9. How strongly do you believe that you can improve your performance in your chosen discipline?

1 - I believe most of my physical shortcomings are genetic, and most efforts to change would be a waste of time.

2 - I've seen many people change their bodies for the better and am sure with enough effort I can see some improvement.

3 - I strongly believe the proper combination of training and nutrition can bring about some improvement.

4 - I know without question that with the proper combination of training and nutrition I can bring about dramatic changes in my body.

*Your answer: _____

How would you like to feel about your ability to improve your performance, if you could change your feelings?

Your answer: _____

Describe why and any specifics of how you would like to change your feelings about your ability to improve your performance and how those feelings might bring about positive change in your life:

10. When you begin a program or set a goal, how likely are you to follow through to its fruition?

1 - I've never been real good at following things through to the end.

2 - With the right motivation and some evidence of results I think I might stick to a program.

3 - I have the patience and ability to commit to a program and will give it a chance in order to assess its value.

4 - Once I set a goal, there's no stopping me.

*Your answer: _____

How would you like to feel about following through on goals, if you could change your feelings?

Your answer: _____

Describe why and any specifics of how you would like to change your feelings about following through on goals and how those feelings might bring about positive change in your life:

11. What kind of coaching or learning style best motivates you?

- 1 - I need a drill sergeant that I'm a little afraid of, or I won't work hard.
- 2 - I do best in a class or working out with peers, so that I don't get lazy.
- 3 - I do fine with a combination of guidance for learning tricks safely, combined with working on my own in an open studio setting.
- 4 - I believe I can teach myself anything and am entirely DIY. *

*Your answer: _____

Meditate on how you can use your motivational style to best meet your goals while still training safely, and improving:

***Note: It is not recommended to be entirely DIY. This answer is to help assess your attitude in order to form the best training plan for you, not an endorsement of solo or DIY aerial or pole training. Flight Training advocates learning new skills from in person coaches, training in safe spaces with proper precautions in place to minimize inherent risks of injury, and fully exploring and understanding the concept of skills and achieving their appropriate progressions before attempting them.**

12. What motivates you best for training at the present time?

- 1 - I mostly don't enjoy it. I don't know why I'm doing it.
- 2 - I train mostly for the health benefits of being active in a way that I enjoy.
- 3 - I love learning new tricks and skills and that is primarily what excites me.
- 4 - I am motivated to grow to a professional level someday, and that drives me even through workouts that aren't my favorite.

*Your answer: _____

How would you like to feel about your motivation for training, if you could change your feelings?

Your answer: _____

Describe why and any specifics of how you would like to change your feelings about your motivation for training and how those feelings might bring about positive change in your life: