

AD-KAM

Master Nutritional Intake.

- Awareness (Oh, Ok)
- Desire (Maybe Desire)
- Knowledge (Maybe Knowledge)
- Application (I can do it!)

Awareness (Oh, Ok)

Key Message:

I just discovered something new. I need to look more into this!

Reflection:

What caught my attention about this?

Why is this worth exploring further?



The **MORE**
you **REFLECT**
the **MORE**
you **LEARN**



Desire (Maybe Desire)



Key Message:

This could be useful for me. Let me try it out and see!

Reflection:

- **How could this help me achieve my goals?**
- **Am I excited to give it a try?**

The **MORE**
you **REFLECT**
the **MORE**
you **LEARN**



Knowledge (Maybe Knowledge)



Key Message:

This is working for me. I need to learn more and practice—or is this not for me?

Reflection:

- What do I need to learn to get better?
- Does this align with my interests and goals?

A

Application.

Do It! or at least try.



Key Message:

Starting to do! It feels awkward at first, but I'll keep trying.

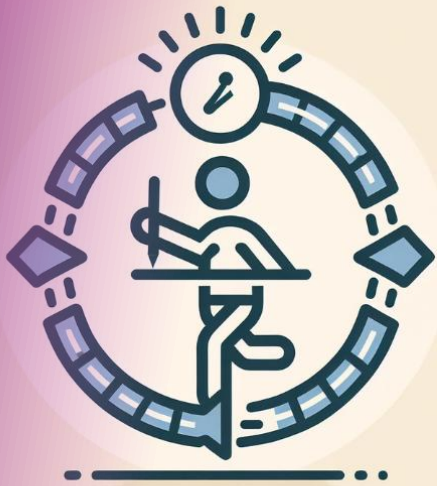
Reflection:

- What's challenging about applying this?
- How can I improve with each attempt?



Mastery

(Memory of a Suitable Attribute)



Key Message:
Doing it over and over until it becomes second nature.

Reflection:

- How can I make this a consistent part of my life?
- What rewards am I seeing from my persistence?