

Shift Your Fitness~ Quick



Having something to look forward
to...changes everything~

www.FitisFreedom.com

Hello ~
I'm so glad you're here!



Our fitness, vitality & wellness are made up of our habits, mindset, desires, and how we see ourselves when no one is looking.

When you can manage your mind, you manage your thoughts. When you manage your thoughts, you will manage your actions.

And when you manage your thoughts, anything is possible. Your actions no longer depend on willpower but come from a deeper, wiser part of you, everything shifts & opens up.

And now my friend, you are on the path to magic. Welcome!

Kelly

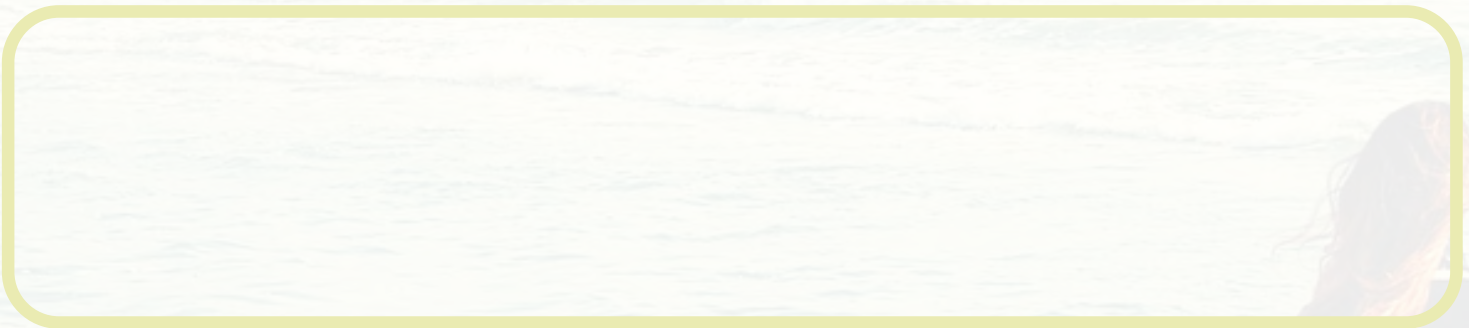
Raise Your Energy!

When our energy is low or we feel like we're struggling to make the changes we want to make or we slip into old actions and then feel shame around not sticking to what we say we're going to do, it makes changing habits and actions harder.

How can you shift the way you feel to upgrade your emotional state?

"Feeling good, makes everything easier".

Who you surround yourself with can help uplift or tank your emotions and mental wellbeing. List 3 people who always make you feel better and then make a plan to connect with them more. (These could be friends or even podcasts or shows that make you feel good.)



Just like certain people can make you feel great, there are people and circumstances we come in contact with that can lower our joy. People, social media friends, news, dark TV shows; there's a plethora of interactions we have on a daily basis that can bring our energy down. List at least 3, and start planning how to avoid these. If you can't avoid them, turn the volume down in your head.



List 3 things that you are immensely grateful for right this minute. Anything from the littlest joy to being alive. List it, and then really absorb how it makes you feel.



Habit Shifting Sheet


Our lives are primarily made up of the habits we do by rote, day by day. Change a habit. Add the right practice. Update an action that no longer serves you and your life (and fitness.) Make a 4-week commitment. What habit are you going to commit to changing for the next 4-weeks?

Date:

List 3 habits that if you changed, added or updated in your life, would make the most significant difference for your health and fitness:



Pick just one habit from your list above. One habit shift that you are willing to commit to, 100% for the next 4-weeks.



WHO do you need to be to make this change? What is the person like who totally embodies this habit or way of being? What might hold you back or trip you up? Pre-warned is pre-armed.





3 Steps Forward

1

Write down something that you would love to do. Something big, audacious, a bit of a stretch, big fun. See yourself doing it. Really feel how much you would look forward to doing it.

2

What can you do immediately, to be ready for later? Do you need to do research, create a workout plan, find a buddy? What 3 actions are you going to take in the next 24 hours? Write them down and do it.

3

Procrastinating on Step 2? STOP that! If you actually did Step 2 today how would you feel? What would be the worst thing that could happen? The best thing that could happen? Action always feels good. Get moving. It's time to look forward. Write down the next smallest steps.

NOTES:

Meeting the "Future You" meditation

Sit down somewhere quiet when you have 3 minutes to yourself. Get comfortable, roll your shoulders forward and then backward.

Close your eyes. Breathe in to the count of 5, hold it to the count of 3 and release it to the count of 7. Repeat 3 times.

Relax.

Imagine you see yourself in the future; 6 months, 1 year, 3 years. You are happy, relaxed, healthy, vibrant, and enjoying how it feels to accomplish everything you have been working towards.

Where are you living? What are you doing?
Who are you with? How do you feel?

Drink it in. And, really see how much your future self depends on who you are today, the actions you take and the thoughts you have today lead to your future rewards.

See yourself thanking you for being who you are today, for doing what you do. Ask them if there is anything they would like to share with you? Thank them and come back to the room.

Remember, do something today that your future self will thank you for.

