

Consistency is Key

3-day Series



Welcome

I'm so glad you're here.

Our lives are created by our desires, habits, mindsets, actions, and how we see ourselves.

When you create consistent, sustainable day-to-day actions you will quit "negotiating" with yourself and create a life that is easy, fun, and repeatable. Consistency is Key.

If you're no longer depending on willpower but instead acting from a few unyielding and simple actions, everything shifts. When there's no longer a tug and a pull going on in your head...it's easy to take the actions you know you need to take.

Welcome to fit, fun & freedom!

Kelly



3 Pillars of Fitness Consistency

**Movement
mechanics**

**Mindset
management**

**Motivation –
internal & external**

where are you and what can you do for each of these

1

2

3

3 Consistency Killers:

No Time

Failing to FPA!

**lack of
community**

Your Top 3 Actions to take this week:

1

2

3



Finding Time in Your Busy Day!

Finding Time in Your Schedule

The #1 excuse I hear for not working out is lack of time. Work & family come first, caring for yourself is a distant third. But if you don't feel great, no one else gets cared for.

1

Drop the need for perfection

List 4 things that someone else could do for you if you let go of perfection. Kids helping with the cooking, hire a cleaner, groceries delivered. Where else?

- 1
- 2
- 3
- 4

Quick, write down the number 1 time waster in your life. Stop it for a week. Or, maybe forever.



2

Social Media & Email.

How much time do you spend checking your email, Instagram & Facebook? Before your click on FB, drink a glass of water and do a Nitro workout (in the Resources Section). Make your workout and movement your go-to option instead of looking at the phone and social media.

NITRO 4-Minute workout link:

<https://www.youtube.com/watch?v=PwJCJToQmps>



3



Slowdown when things get too busy.

Stop. Put your hand on your heart. Repeat after me "I have all the time in the world". Take a deep breath and remind yourself to relax, eat a healthy snack, drink a glass of water. You have all the time you need.

4

Notes:

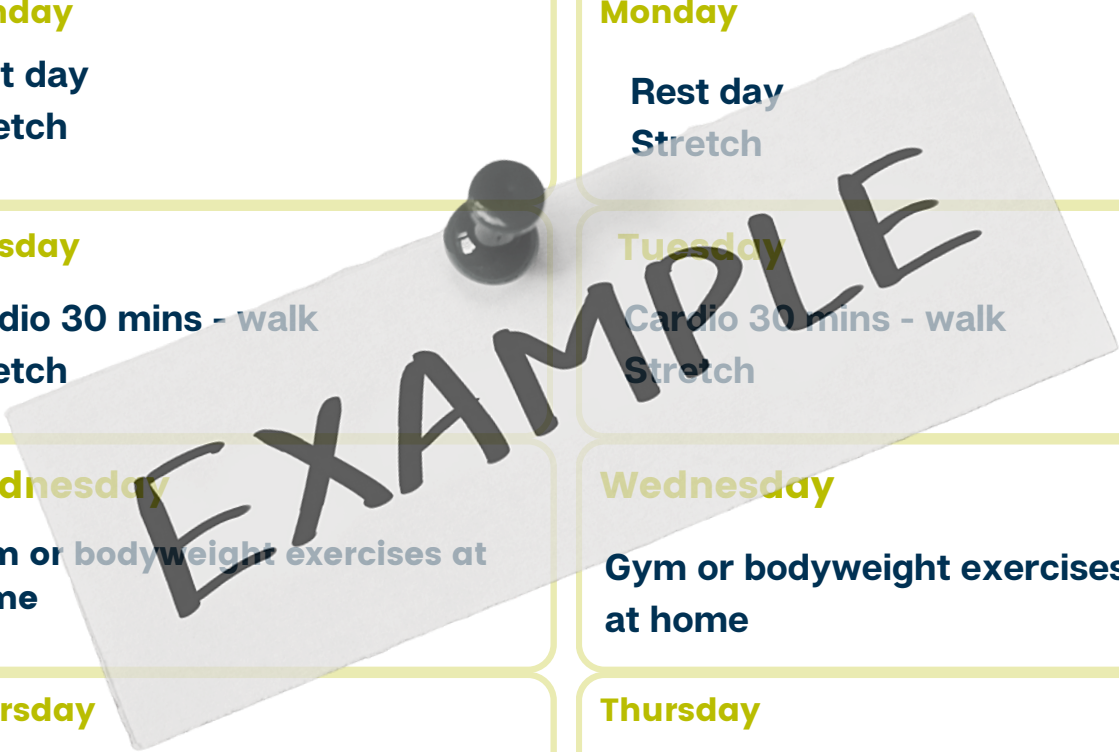
FPA #1

Sunday Evening – Write out your fitness schedule for the upcoming week.

Example:

Date: 7/5/2021

Sunday Cardio 30 mins - walk Stretch	Sunday Cardio 30 mins - walk Stretch
Monday Rest day Stretch	Monday Rest day Stretch
Tuesday Cardio 30 mins - walk Stretch	Tuesday Cardio 30 mins - walk Stretch
Wednesday Gym or bodyweight exercises at home	Wednesday Gym or bodyweight exercises at home
Thursday Cardio 30 mins - bike or walk Stretch	Thursday Leave on vacation
Friday Gym or bodyweight exercises at home	Friday vacation
Saturday Cardio 60 mins - go to the park!	Saturday vacation



FPA #2 – Be ready to go ASAP

Each evening put the clothes/equipment out and be ready to go for whatever your next day's workout:

Examples:

Going to the gym?

- gym clothes including
- shoes,
- towel
- water in a bag
- your car keys with your bag

Going to biking?

- Have your bike clothes
- helmet
- water
- sunglasses together and ready



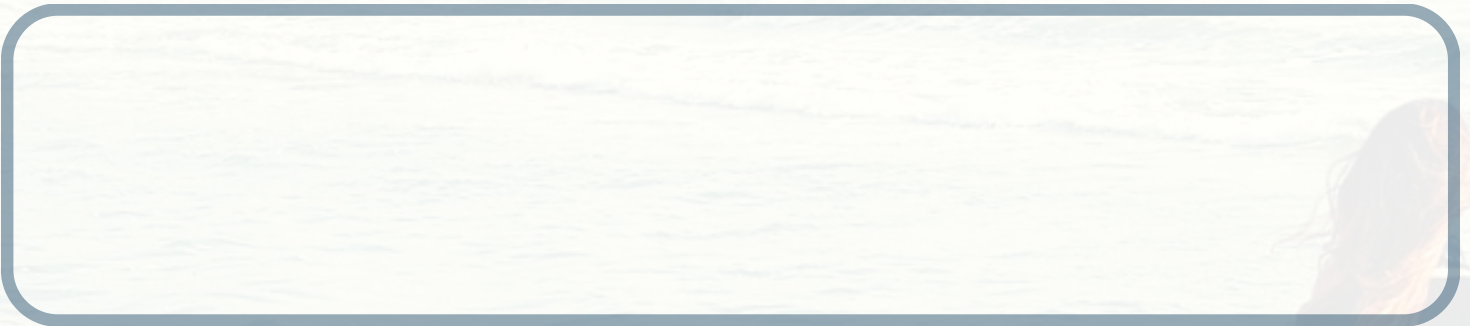
External Motivation – the Right Community

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.

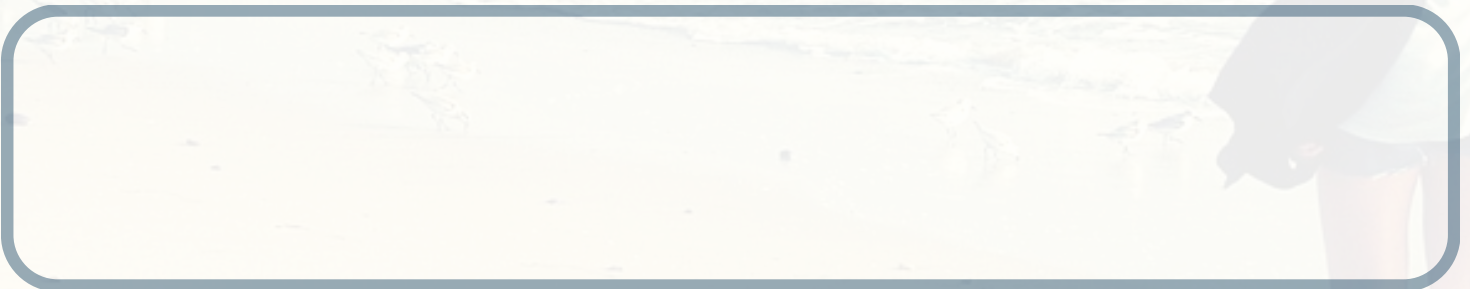
How can you shift the way you feel to upgrade your emotional state?

"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.

