# Fit is Freedom The Keys to



Welcome! I'm so glad you're here.

When our consistency spurs from our desires, habits, mindset, actions, and how we see ourselves each day, it's sustainable.

When you manage your mind, you manage your thoughts. When you manage your thoughts, you can have anything you desire.

If your actions no longer depend on willpower but come from a deeper, wiser part of you, everything shifts & opens up. Your actions shift from something on your to-do list to a part of who you are.

Once this magic happens, you are then on the path to having all your dreams come true.

Kelly



How to make this workbook work for you

In a world where we are taught to go for the "quick wins", achieving fitness often feels like a long list of life hacks.

What would happen if we dumped the hacks and only did the simple actions that created the best long term, soul-deep results?

Results would stick. Consistency would begin to take place before our eyes.

You'll find that **some of the Consistency Keys will come more naturally for you**, and you may start depending on one or two exclusively. My suggestion, have some go-to Keys & mix and match. Our wonderful, amazing brains like to be stimulated and using the same tool for consistency all the time will get boring. Mix it up. You have lots of choices here. I've been personally using each and every one of these actions for many years. They've helped me start and build businesses, learn things I never thought I would and tackle adventures that seemed insurmountable.

The goal is to build consistency through making small efforts on a regular basis. Fitness isn't a sprint, it's marathon. It's a lifetime of making small choices.

#### Have fun. I'm wildly cheering you on ~ Kelly



This workbook is designed to be used sparingly. Sparingly because most of these Consistency Keys are quick and easy. Look for the for an idea of how much time each Key will take.

#### Short on time?

Grab a quick Key like the Alphabet Game or the Action Hero and get moving. Been a tough week or feeling a little slow and low? Take some serious time for yourself and and do a deeper Key like What's Your Why or some Decluttering.

Consistency Keys

- 1 Celebrate Before You Even Begin
- 2 Dump the Slump
- **3** Discover the Elephant in the Room
- 4 Raise Your Energy
- 5 What's Your Why? What are You Dreaming?
- 6 Declutter like a Queen
- 7 Close the Open-Loops
- 8 The Alphabet Game
- 9 Happy Changes Everything
- **10** You Are the Action Hero
- **11** Scheduling Makes It Real
- **12** Bonus ~ Your Next Six Months

# #1 Party!



Celebrate wins before you even begin

Have fun, make fun, find fun.

Why do we only celebrate at the end of something we accomplish? (If we even celebrate at all) At a recent webinar I asked the 23 participants, "Who celebrates their wins consistently".

Zero, zip, not a single raised hand.

#### Why not start with a celebration?

You've made a stand for yourself. Congratulations. You're going to be making big and small shifts that will completely change your life if you let them. Wow. That's big. Let's celebrate!

#### Not sure how to celebrate?

No worries, try these quick brainstorming techniques. You're going to ask yourself the question and then write down whatever comes up. It doesn't matter how farfetched or silly, this is your time to shine! Something else happens when we celebrate. We give ourselves permission to have fun and look forward. That, my friend, is Step 1 to training our brains to work for us, not against us.

# worksheet



#### When you were a kid, what did the word "celebrate" mean to you?

#### What did you do to celebrate your last holiday or birthday?

What do you do for fun?

Quick: a quiet celebration by yourself, what would you do?

Jour Celebration Schedule

#### **Celebration #1 DATE:**

What are you going to do, today, to have a little celebration as you begin this workbook? How are you celebrating the fact that you're an action taker?

#### **Celebration #2 DATE:**

What are you going to do next week to celebrate the fact that you're more motivated, have more clarity and are getting things done?

#### **Celebration #3 DATE:**

What are you going to do to celebrate when you've stayed on-track and in the room for an entire month? Make it fun and big!

# **#2 Dump** the Slump

Our consistency can be stopped before we ever begin simply though outside influences, bad habits and choices we make. Plus, we often think that willpower is going to help. Willpower is a limited resource. Don't count on it. Consistency is all about showing up, no matter what.

When we "dump the slump", we focus on better choices, and naturally put our minds and bodies into better situations. When we aren't being consistent, it's often a bi-product of many things, both internal and external. We can't always change the external, but we can change our reactions and our personal actions.

Set yourself up to win with this simple question and answer exercise.

Where are the areas in your life that feel overwhelming or heavy?





When you are triggered or tired what is your go-to self-sabotaging action? Comfort food, snacks, sodas, or wine and alcoholic drinks? No judgement.

What alternative actions can you take to replace these self-sabotaging habits?

Where can you get rid of negativity in your life? Are you watching news or shows that bring emotional lows? Are there toxic people that trigger you in your life? How can you limit your interactions? What can you change to dump the triggers?

How are the choices you are making right now? Sleep, food, fitness, movement: are you making good choices or poor ones? Where and how can you level up, even just a little? Better food choices one meal a day, turn off the screens and the lights 30 minutes earlier at night, go for a 20 minute walk when you don't have time for an hour. What's not working and what are some simple actions you can take?

Awareness is key. Pick 1-2 actions you can take from your list below, do them. A body in motion stays in motion.

If will power worked,

we wouldn't be

having this conversation ...



## **#3 the elephant** in the room

Is there a big, unspoken concern in your life preventing you from having what you want? When you come face-to-face with whatever is holding you back, whatever you might be ignoring, we call that the "the elephant in the room". Acknowledge it and it becomes easier to let go and move past or deal with it as best you can.

Donna wanted to be in better shape, do some serious biking and loose a few pounds. And, every morning when she woke she'd think: I need to quit drinking wine at night. It's hurting my sleep, making me groggy and I'm putting on weight.

When I asked her the magic Q: What's the Biggest Block to Your Dreams needing to cut back on wine is what came up, immediately. Trust your first instinct. Alone or with the help of a friend ask the magic Q: What's the Biggest Block to Your Dreams?

**Cindy** was low on energy and feeling so unmotivated that every day felt worse than the day before. I **asked her the magic Q**: What's the Biggest Block to Your Dreams? Answer with the first thing that comes to mind. It doesn't matter how silly, shameful, irreverent it feels, just blurt it out-loud.

**She answered:** My kids. No wonder she didn't want to say anything, what mom would! But, every day it felt like all she did was work and then care for her family. She had no time or energy for herself at the end of the day. She wanted to start exercising again, doing a little reading for pleasure, relaxing for a few minutes. Once she realized that she was putting everyone's needs before hers, she gave herself permission to go to pilates 3 times a week.

Guess what, her family figured out how to live without her for a few hours a week, she felt empowered and quit secretly resenting her kids. Big win!

## WHAT'S THE BIGGEST BLOCK TO YOUR DREAMS?

What is something that you really want to change? It could be something you want to stop doing. Or, something you want to begin doing. What is it?



What's holding you back?

Have you tried to change and failed, Maybe multiple times? How long have you wanted to make this change? How many weeks, months, years?

?

What is stopping you? What is the fear behind the change?

If you could have this change with the snap of a finger, how would it change in your life? How would your life improve?

Are you ready to commit to making this change for 30 days? Anyone can do something for 30 days :)

#### DIALOG BY YOURSELF OR WITH A FRIEND:

If you're mentally prepared for obstacles then the worry of the unknown goes away:

- If it was easy to change, what might continue to stop you from changing XYZ.
- If you knew exactly what you needed to do to change, what might still stop you from making the change?
- Look forward to your new life, it's exciting and fun. What's holding you back or stopping you from taking action?



## #4 Raise Your Energy

If you could do something that would make you feel great, what would it be? Why would this make you feel good? Can you feel the feeling associated with the action?

Move. Do something physical. Sweat.

Listen to a TED Talk, watch a positive movie, listen to an uplifting podcast. What wonderful things would your best friend say about you?

Reach out and send a "care note" by email, text or extra points for a handwritten card.

Go for a walk. Get out in nature.

Spend time with your cat or dog.

What is the tiniest step you can take right this minute?

Be curious – ask yourself what you get from feeling down or not acting?

Give yourself the gift of a mini-meditation or self hypnosis (<u>here's link to an excellent self</u> <u>hypnosis site</u> or simply search <u>YouTube</u>) When your energy is low or you find yourself struggling to take the actions you need to take or make the changes you want to make, it's time to raise your energy. **One step at a time.** Each step you take builds on the previous one. Many times, you won't need to do more than a couple of steps.

If you feel exhausted, you might want do try several of these tips. Feeling good, higher energy, leads to easier action taking, which leads to consisteny. Promise.

The long game.

Grab a jar, a bowl, something that looks nice. At the end of each day write something you were grateful for or made you feel good. Put it in your jar. Having a down day? Read some of your past gratitudes. Guaranteed to make your day brighter!

## #5 What's Your WHY?



What are you dreaming of when you're dreaming big?

So much of our ability to be consistent is in our heads and in our thoughts. One thing that can make all the difference between taking action and making certain actions a lifestyle is your WHY. Your Big Why (your Dreams) drive you. They are the carrot to the stick, the reason you do what you do. When you are dreaming big, what are you dreaming?

Take 5 minutes and write out your dreams, desires, fun things you'd like to do, secret things you haven't said out loud. Write them all down. Make this even more even powerful by making a screensaver out of your list. Print & post your list where you will see it, often. Read it when you wake up and read it before you go to sleep. Your WHY, your dreams make your life rich and your thoughts positive. When we give our minds a "problem" like how to go after a dream, your brain gets busy. It is a problem solving machine and loves puzzles. Write out those dreams and let your mind get busy on something exciting. You are what you think about. Excited, interesting thoughts lead to inspired actions. Every.Single.Time. Take 5 minutes and write out your dreams, desires, fun things you'd like to do, secret things you haven't said out loud. Write for 5 minutes and then add a couple of bonus minutes if you have time! Copy your favorites to the next page, print it out and keep it where you can see it. Bonus points if you need to print out more than one page!

| Big Dreams & things to look forward to: |  |  |
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What are you

dreaming

when you're

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## #6 declutter like a Queen

Decluttering clears our mind and opens space for what we want. By decluttering, you help eliminate your excuses, such as "I can't find my running shoes" or "I'm feeling overwhelmed because nothing fits anymore!" There's no wasted energy looking for what you need. Consistency is all about the path of least resistance, so if we want to be consistent in our lives, we need to eliminate the clutter that is getting in our way.

When I declutter, I usually start with my workout gear and workout clothes, work my way to closets, drawers and cabinets, and then do a complete overhaul on my pantry and fridge. Doing each of these increases my motivation to get out, get moving, and stay healthy!

Ask yourself; do I use this? Do I need this? Does this need to be fixed? Does this fit? Does this make me feel good?

Don't think; maybe I'll lose weight, her/his feelings might be hurt if I get rid of that, I might start that someday... Go through, find what fits, feels great, looks great, works, and that you use and like. Everything else either gets shared, donated or tossed.

The last trip on your decluttering journey should be to your pantry. You know the saying, "Out of sight, out of mind"? When I'm decluttering my pantry, I have two piles: It's healthy and I love it and GET IT OUT! Worried about waste? You don't have to be. There are so many different charities and food banks that will take your unused items. By getting rid of the foods that zap your energy, you are helping yourself and helping others. Decluttering is one of the secrets to a more consistently healthy life.

Just wait until you walk into a cleaned closet or open a pantry and sigh with relief because everything is organized and there's no stress.



ideas for Fecluttering

- Things that annoy you, don't work properly
- Clothes that don't fix or have stains, broken zippers, etc.
- You no longer want to wear it, but hold on to it for sentimental reasons
- Anything you keep just because it was a gift. Gift it elsewhere.
- Clothing that you can't fit into and makes you feel bad because you can't
- Clothes, shoes, gear you aren't going to use anymore
- Clothes you hang on to because they were expensive, not because you like the way they look on you
- I might get back into: running, badminton, golf...if you do, all the gear will be completely different and you'll need new stuff
- I'll have nothing to wear if I throw out all my clothes that don't look good on me - doubt it!
- Be ruthless, only keep the things that make you feel great. Remember, someone else can surely use what you no longer want to have.

# What to do with what you don't keep

Make a quick list of your local Goodwill, Dress for Success, Shelter, Soup Kitchen, you'll even find organizations who will send a truck to pick things up.

Once you have a pile of things to give away, do it! Putting it in the garage is not getting rid of it :)



Put a timer on it and pick areas that are small "wins".

Start with one closet, one cabinet, one room. Whatever is easy and doable for you.

If you have a lot of clutter or things that no longer fit or you don't love, you'll be shocked at the energy and lightness this simple exercise will create.

# Recycle

Where does the recycling go? If you have curb service, awesome. If not, get some boxes and know where things will go. It is easier to remove things from your life when you know they are not just becoming landfill.

# TOSS

Landfill. When you can't donate or recycle but still need to get rid of it.



# Your Declutter checklist

#### **Kitchen**

Pantry; expired foods or foods you don't like. Use matching, clear containers to organize

Fridge: toss the sauces you never use, flour that's been in the back for 3 years, the veggies that are juicing themselves. Use vegetable containers ONLY if it will help keep things organized.

Cabinets: Donate what you aren't using. The coffee cup from your old set, the ovenware your mom passed on, the coffee maker you no longer like, the extra blender...

Cookbooks, old towels, spices, things that no longer serve you or get used - out!

#### **Bedroom**

| Closets | Linens       |
|---------|--------------|
| Drawers | Jewlery      |
| Shelves | Knick knacks |

#### **Bathrooms**



Half or never used products.

- Old towels and linens
- The medicine cabinet...

#### Garage

Half-used products and chemicals that need to be disposed of correctly

Toys and gear you no longer use or want.

Anything else that can be donated, shared, tossed or sold

## **#7 Close the Open-**Loops

When we have an unfinished task, a commitment we haven't honored, or something started that isn't finished, it picks at our brains. Our brains focus best one-thing-at-a-time. We fixate on things that are incomplete.

Take 6 minutes and do a brain-dump of everything that you've been "meaning" to do but haven't done. Start keeping a notepad next to you on your desk and a memo app on your phone.

Think of something that needs to be done, write it down or voice memo and keep working. If you don't make a notation, it will be a niggling thought at the back of your mind that will slow you down. And remember, consistency is all about getting rid of small obstacles. Don't forget to do this each week or each day...there, I just created an open-loop in your head...

Before the 5-second rule was popular we used a countdown in the gym, almost every set. Need to finish a set and not feeling it? Forget counting up, count down. Your brain can't stand stopping before you hit "1". Think about it. If you have 5 repetitions left, you count down 5, 4, 3, 2 and then decide you're done. It won't happen. Your brain can't stand an open-loop like that. Say you have 5 reps left and you count up - 1, 2, 3, 4 easy to stop at 4 if you aren't really motivated.



If you don't start doing the things you don't feel like doing, you will wake up one year from today and be in exactly the same place. So here's the one-liner definition of the 5 Second Rule: If you have an impulse to act on a goal, you must physically more within 5 seconds or your brain will kill the idea.

- Mel Robbins

Ways I use open-loops to win at work and workouts:

Need to do 5 sets of intervals biking, running, weights? Count down from 5, never up.

Have 3 projects on your ToDo List for the day. Number down, not up and start with #3.

Want to put in a solid hour of work? Don't use a clock as a reference, use a countdown timer app. I promise, you won't stop that push until you reach the end of the countdown.

## **#8 The Alphabet** Game

The Alphabet Game is a simple, mind-shifting tactic to use anytime you feel unmotivated, out of sorts or need to move your attention from something that is bothering you. It's best done when you are doing a mindless task that allows your thoughts to wander; a walk, a bike, driving, cooking, etc. All you do is:

- 1. Pick a theme
- 2. Start with "A" and go through each letter in the alphabet and come up with word to fit your theme.
- 3. Start over when you hit "Z" for as long as you need to go to shift your thoughts

**Example:** Cooking dinner you feel stuck, like you haven't had any fun or excitement in your life for quite awhile. That's your theme; fun, excitement, adventure. A=action, B=bountiful, C=clarity, D=dreams, E=excitement...as you can see, don't go for perfection, go for first thoughts that fit the theme! Your turn.



## **#9 Happy Changes** Everything!



Feeling low? Struggling to make changes you want to make? Or, did you slip into your old habits and then feel shame because you didn't do what you said you were going to do? Do you feel like your consistency is slipping? Things are always harder when you feel bad. Think about a time when you were really happy. Good things were happening, and they just seemed to multiply! The truth is:

# When you feel happy it makes everything easier

Who you surround yourself with can raise or tank your emotions and mental wellbeing. List 3 people who always make you feel great and then make a plan to connect with them often (these can be friends or podcasts and shows that lift your spirits) Just how certain people can make you feel great, there are people and circumstances that tank your joy. People, social media, news, dark TV shows, there's a plethora of interactions we have on a daily basis that zap our energy. List 3 things that lower your spirits. How can you avoid them? If you can't avoid them entirely, turn their volume knob way down in your mind.

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

Focus on these daily gratitudes.



# **#10 You Are the Action Hero**

This is a perfect early morning or pre-action, action. When you're not really feeling that surge of motivation or action that you would normally use to get something that matters done. Or, you woke up and you're just not excited about the day. Take 2-3 minute max for this exercise.

Close your eyes. Quick breath in to the count of 3, hold to the count of 3 and release it to the count of 4. Repeat 3 times.

With your eyes closed, consider who you would like to be. How do you want to feel? What do you want to look like? What do you want to be doing in the next few hours. How would perfect day or evening look for you?

You could be doing so many things that you would like to do. Your exercise, the work you want to get done that day, being really grateful in your relationship, spending time making plans for future dreams, seeing yourself tackling the chores and actions you've been putting off.

See yourself in action, taking the action that matters to you and in your life.

What are you doing? How do you feel? Are you ready to get moving?

Want to know something counterintuitive?

If you do this visualization for 3 minutes and you still don't want to get moving, give yourself the gift of a day off! Consider spending the day reading, writing, relaxing, walking in the woods or along the beach, You may need time to recharge! A consistent lifestyle is a balanced one, and sometimes we just need a break.



## **#11 When you Schedule**

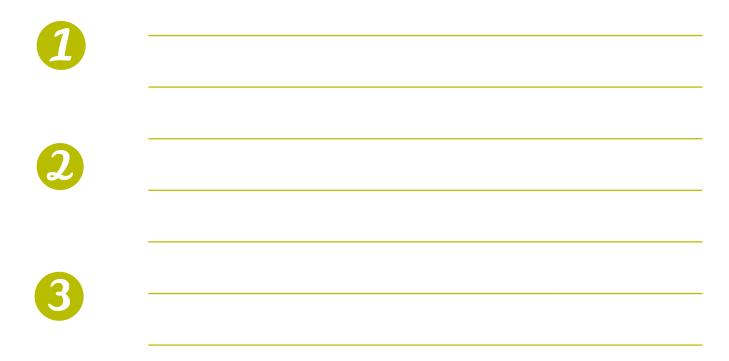


### Why scheduling is the most important action you can take



When you write it down, you make it real. It can be your workout schedule for the week, your project list for the day or your milestones to your next big goal. There is Magic in the written word. There is even more magic when you make a schedule. Remember open-loops? If you take 15 minutes to plan your week, to schedule your actions, the possibility of you achieving these actions increases exponentially. Because, scheduling creates clarity and an open-loop. Your brain wants to complete what you've written down. You can have a vague goal, but when you schedule it, everything becomes crystal clear (see the example on the next page).

List three areas below that creating a schedule for will help you reach your desired results. Then, on the following pages, write the main action you will take each day toward that goal. Use the Sunday or Monday start, depending on which you prefer.



#### 2-Week Schedule ~ Sunday Start

#### Date: 7/5/2020

**Goal** Get back in shape! (vague goal but scheduling will give it clarity)



### 2-Week Schedule ~ Sunday Start

| Date: | <br> |      |  |
|-------|------|------|--|
| Goal  | <br> | <br> |  |

| Sunday    | Sunday    |
|-----------|-----------|
| Monday    | Monday    |
| Tuesday   | Tuesday   |
| Wednesday | Wednesday |
| Thursday  | Thursday  |
| Friday    | Friday    |
| Saturday  | Saturday  |

### 2-Week Schedule ~ Monday Start

| Date:     |           |
|-----------|-----------|
| Goal      |           |
| Sunday    | Sunday    |
| Monday    | Monday    |
| Tuesday   | Tuesday   |
| Wednesday | Wednesday |
| Thursday  | Thursday  |
| Friday    | Friday    |
| Saturday  | Saturday  |

## **#12 Bonus ~ Your** Next Six Months

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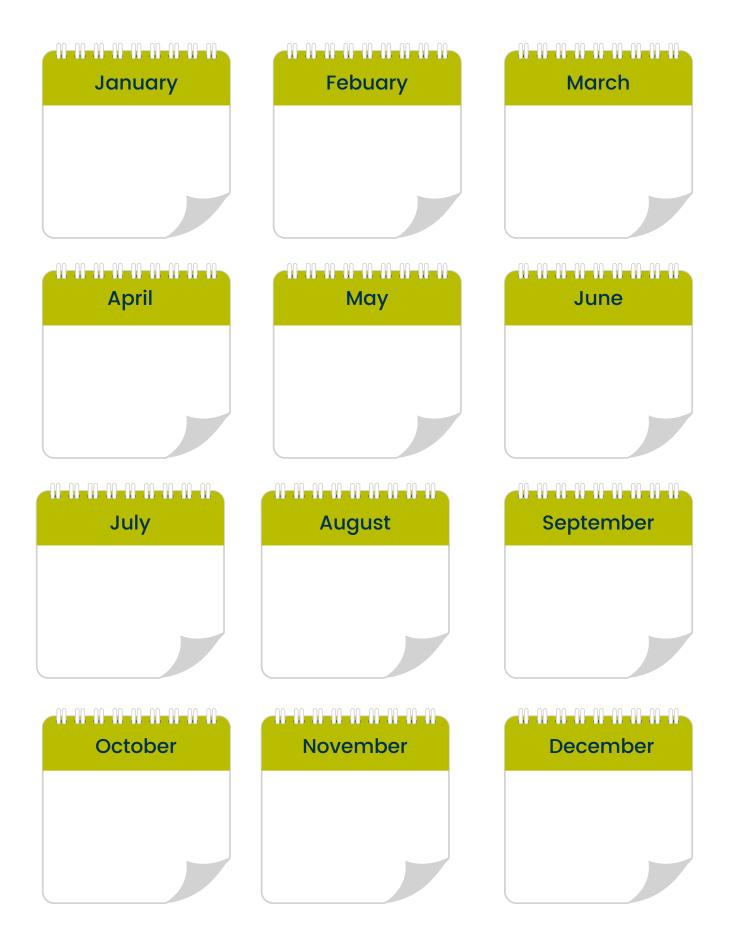
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# YOUR NEXT STEPS



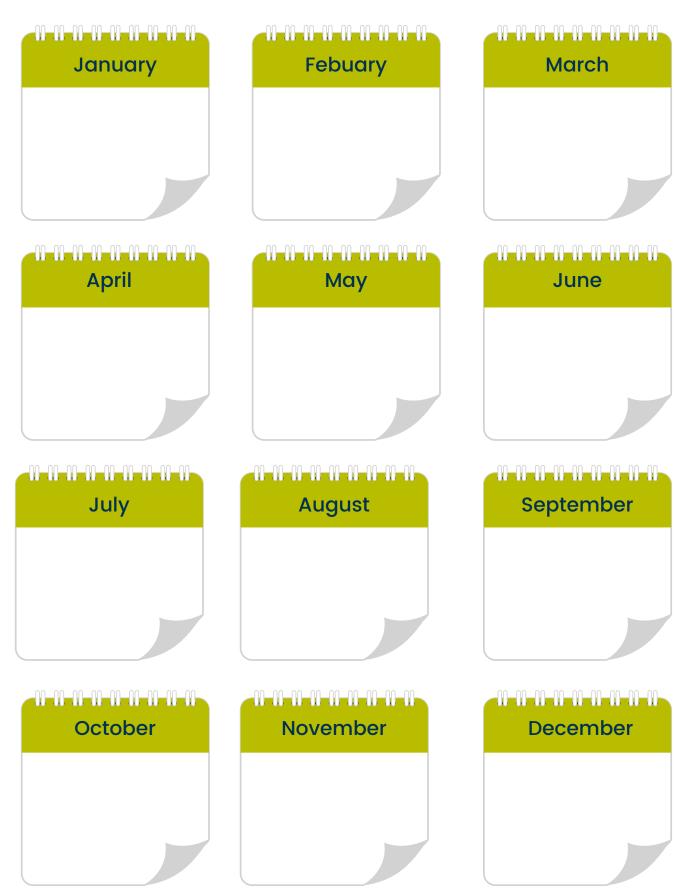
### **Create ongoing monthly milestones**

At the beginning of each month, write down your monthly milestones:



# Celebrate. How are you going to celebrate your wins at the end of the month?

#### Write your celebration down and stick to it!



## What's working?

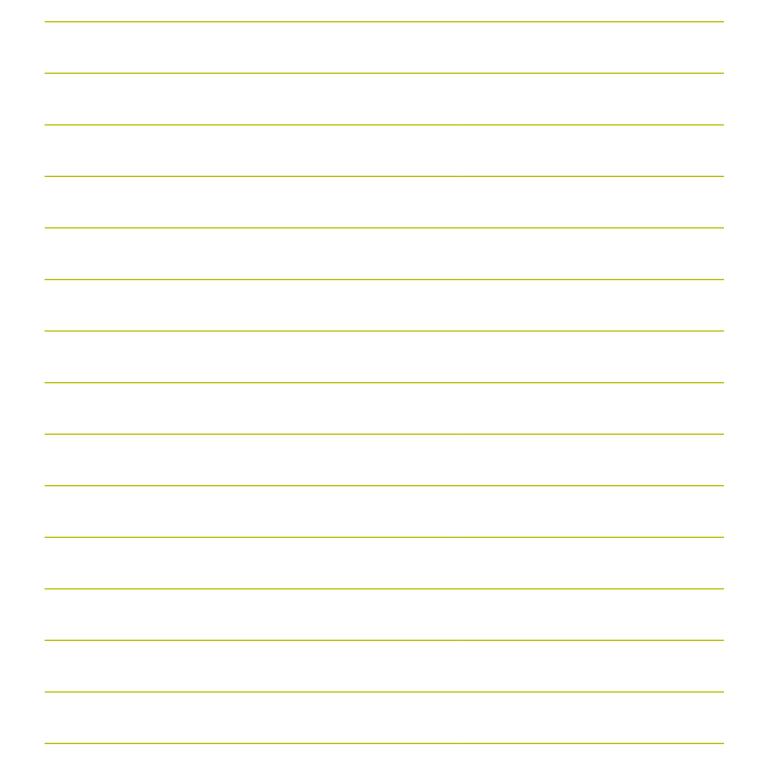


What's working for you now? What has changed for the better? What's new and exciting? Look around & write it down!

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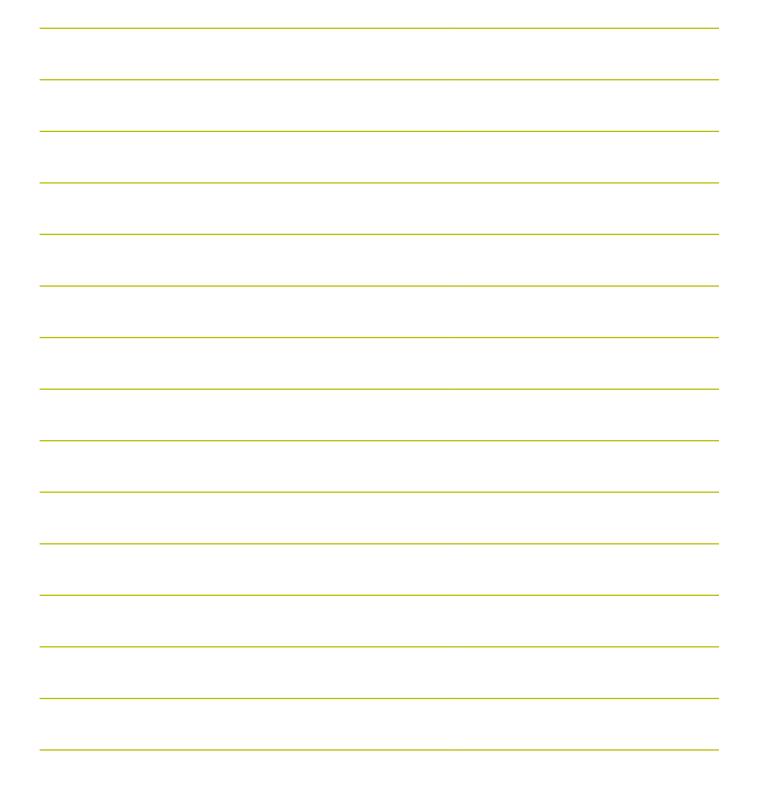


Are bad habits slipping in or are good habits slipping away? Do you need to pivot? Where do you need to make changes? In order to move forward, we have to be very clear on what's not working for us right now. Write it down.



# What goals did you set for yourself?

Go back and look at your New Year goals. Write them out here. What were you aiming for? What were you excited about? Why?

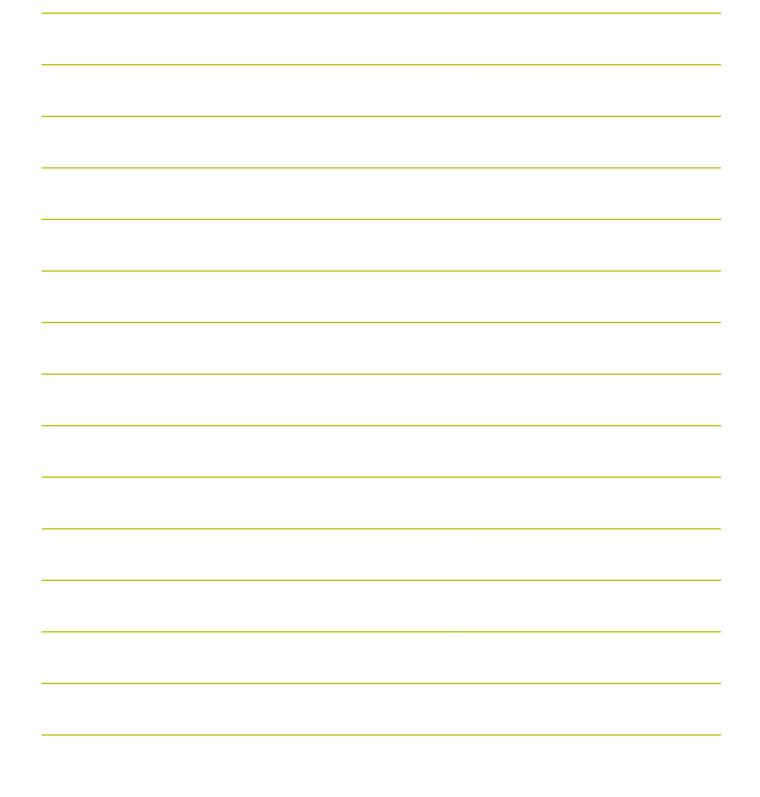


## Assess where you are now:



Are you on track with your goals? What progress have you made? Do you feel like you've moved forward or are you slipping backwards?

No Judgement. Simply write what you see and be kind to yourself.



## Who do you want to be? How do you want to feel on December 31st?



Write it all down. On December 31st, I want you to look back and say "Check out what I've accomplished these last months!"



What will you have accomplished in the next 30 days that let's you know you're on-track to your new or renewed goals: