

# MONTH 2: REVITALIZE YOUR BODY





# YOUR BODY

This month our group focus is on nourishing your relationship with your body.

You have already learned the foundational tools of Thought Work and Self-Coaching.

Now we are going are that understanding to the next level and apply it to your relationship with your body.

Also because we are working with the physical body we can measure our progress in a more tangible way. So for this month, you are going to pick a goal for yourself that relates to your physical health and well-being and practice that daily for 30 days.

Some common examples are:

- Structured daily workout or movement plan
- Do yoga every day
- Make a dietary change (l.e. stop eating flour and refined sugar)
- Lose weight
- Sleep for 7 hours min/ night
- Eliminate snacking between meals
- Stop drinking or using recreational drugs

The most challenging part of this month's exercise is that our goal is to complete your daily commitment from a place of love and appreciation for yourself. Its easy to berate yourself into losing weight or working out, but can you do it while sustaining self-love?

# PICK YOUR GOAL

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To help you figure out what your goal will be, answer the following questions:

- 1. What do I love about my body as it is?**
- 2. What do I want to change about my body?**
- 3. What have I wanted to for my physical health but haven't figured out how to do sustainably yet?**
- 4. What physical habits do I value in myself or others?**
- 5. What habits do I have that I often regret after I do them?**
- 6. Does my main physical concern fall under one of these categories: rest (sleep/stress relief), nutrition (what you put into your body), movement (your physical fitness)?**

# THINKING ABOUT YOUR GOAL

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Choose a specific goal for the month. To help you be as specific as possible answer the following:

**By the midnight on the last day of this month I will have created,**

**This is important to my physical health and well-being because,**

**My daily practice towards this goal will look like** (time of day and length or specific practice):

**When I want to avoid doing this or change my mind when it becomes challenging, I will remind myself that:**

**When I reach my goal at the end of the month I will celebrate my commitment by:**

# GOAL THINKING EXAMPLE

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Choose a specific goal for the month. To help you be as specific as possible answer the following:

**By the midnight on the last day of this month I will have created,**  
28 days of consistent workouts (3 days/wk on Bike, 2days/wk  
Weights, 2 days/wk yoga)

**This is important to my physical health and well-being because,**  
Being strong and flexible helps me feel energized and keep chronic  
pain at bay.

**My daily practice towards this goal will look like** (time of day  
and length or specific practice):  
-20 mins/day bare min. of workouts on the rotating schedule (all  
pre-planned at the beginning of the month)

**When I want to avoid doing this or change my mind when it  
becomes challenging, I will remind myself that:**

Not only is this supporting my physical health, it is helping me learn to  
do hard things and be uncomfortable on purpose for a purpose.

**When I reach my goal at the end of the month I will celebrate my  
commitment by:**

Getting a deep tissue massage and going to the spa

# OBSTACLES & STRATEGIES

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**List All the potential obstacles that you imagine stand between you and your goal, then a strategy for how you will deal with each one:**

# MAKE IT HAPPEN

Now that you have your goal set and have brainstormed the obstacles in the way and how you will deal with them it is time to make it happen!

## 1. **Put it on the calendar.**

Pre-planning is your greatest asset here. If you are doing a workout daily, at the beginning of each week decide exactly when and what you are doing. Avoid putting a block on your calendar that says "workout". Instead be specific.

for example:

10:00am Mon (workout: 10 minutes core routine, 10 minutes upperbody weights)

7am Tues (workout: 10 minutes core, 10 minutes lowerbody weights)

## 2. **Do Thought Models about your goal daily.**

We are going to use our best mindset tool to help you stay engaged. Each day take 5 minutes to find out what you think and feel about your goal and if it looks like an unhelpful model, create one that is going to support you.

## 3. **Post your progress in the Facebook group.**

Start a thread with your monthly goal. Each day after you complete your challenge for the day, comment in the thread of your original post saying "did it" or telling us a bit about what happened.