

WARRIOR FIT: BEING FIT ISN'T JUST PHYSICAL

Chapter 9

The Road Already Traveled-Actions and Questions

*Don't let the past steal your present.
Your past has not defined, deterred, or defeated you. It has only strengthened who you are today.*

—Steve Maraboli

The only impossible journey is the one you never begin. —Tony Robbins



Action #1 (page 108)

Did you get up...out of your chair, off your butt? Did you stretch tall and take your deep breath? What is your power pose? Get to it! Be your own superhero. See it, feel it, be it.

The power pose will help you see yourself as physically stronger, and you'll begin to feel the strength through your mental, emotional, and spiritual being as well. Your body posture can actually change your mind and your physiology.

As you pose, close your eyes and envision your clothing, hairstyle, facial expression, and makeup (if you wear any). Take your stance for two full minutes and feel the warrior within you.

Now, take another deep breath and get ready, get set . . .

Action #2 (page 108-114)

Now that you are in warrior mode and feeling strong, let's start thinking and writing.

Grab that pen. Take your time with this exercise to get the most out of it. You only get out what you put in.

Think back to a younger you. Begin with the younger you through age ten, then move to your preteen and teen years, your young adult life, your twenties, and so forth. Each interval of your life will reveal different observations or perspectives. Repeat this action

several times, based on different periods of your life. You might choose a specific year in each time frame because it formed you the most. If you decide to do only one period, choose the age that most molded you to be who and where you are today. Now, answer these questions in your notebook:

1. With what age in mind are you answering these questions?

2. Who were the most influential people in your life during this period?

3. What values were you taught by your family, friends, and environment?

4. Were there any events while you were this age that changed any of those values or added value to your being?

5. What were some of the regularly scheduled traditions, holidays, or events you experienced in that time frame? It could be going to church, pizza night, Thanksgiving at Grandma's, hiking on the weekends, or vacationing and camping in the mountains every year.

6. What were your favorite experiences? Why were these your favorite, and what effect do you think they had on your life today? Which of these events, if any, do you still invite into your life?

7. What were your least favorite experiences? Why, and what effect do you think they had on your life?

8. Which events or experiences have shaped your life for worse or better? Which ones make you feel stuck? Which ones pushed you to the next chapter in your life?

Now, let's look at who you were in your physical, mental, emotional, and spiritual being in that era.

9. Physical

- a. What were your physical attributes? Were you lean, overweight, too skinny, short, tall, athletic, or clumsy?

b. What sports did you play or watch? Or did you not care about sports?

c. What hobbies did you have? Consider things like hiking, walking, swimming, skiing, biking, crafting, painting, and playing instruments or video games.

d. What were your favorite meals and snacks?

e. What weren't you allowed to eat?

f. Did you go out to eat or have home-cooked meals?

g. What was your favorite drink during that time? Growing up, we had cases of Hawaiian Punch at my house.

10. Emotional

a. Record any really emotional times during that period in your life—include good, uncomfortable, and traumatic emotions.

b. What brought on these emotions? An event or a person?

c. How did you deal with your emotions? Who helped you through them? Do you still deal with them?

11. Mental

- a. Describe your mental state during the period you are specifically reflecting on. Were you happy-go-lucky? Were you depressed? Were you motivated and on the go with your friends, sports, or working hard at a job or academics?

- b. How did you feel about yourself? Look back at some of the activities you listed in the physical section. How did you feel about the things you were doing? How did your popularity, grades, and accomplishments affect your mental state?

- c. Were you quiet, mischievous, a troublemaker, or something else?

12. Spiritual

- a. Deep in your core, during that time, did you have a sense of what you wanted to do when you grew up? If so, what were your thoughts, then? Why?

b. Did your family go to church regularly, not so regularly, or not at all?

c. If you went to church, what did you enjoy about it? What did you dislike?

d. What other things in your life did you really enjoy doing?

e. What did you want to do and experience but missed out on?

f. What moved you from the inside out?

g. What thoughts made your spirit soar, and what made your spirit cringe?

Put your pen or pencil down and take a deep breath.

Right now, I want to tell you to love yourself. You can- not fully love anything until you fully love yourself. Again, for some people, this is easier said than done. It's time for another deep breath as we continue our way out of the rabbit hole.

Did I mention you just spun a five on the *Chutes and Ladders* spinner and landed on a ladder? Up you go! I see some light. Do you?