

WARRIOR FIT: BEING FIT ISN'T JUST PHYSICAL

CHAPTER 10

Your Starting Point-Actions and Questions

A man out of balance is more easily knocked over. —The Sheriff, Primal Rage



Action #3 (page 117-118)

Look at yourself in a mirror. Who are you now—not just on the outside but inside as well? Perhaps this would be a more appropriate question: Who do you think you are? Whose perspective are you using as you look in the mirror, your own or someone else's?

Take out your notebook and record your thoughts.

1. How do you feel about yourself?

2. Where are you on your journey? For example, do you feel stuck, or are you moving forward? Are you on a treadmill—working hard but going nowhere? Describe this place.

3. Do you feel tired, empty, and lacking in purpose, or fulfilled, purposeful, motivated, and inspired?

4. What is working for you, and what do you want to change?

Once you know where you want to take action, you can map your journey and adventure.

Where is your starting point on your GPS map? I urge you to look at your journey as an adventure. It will be so much more fun. Take time with your answers so you can gain self-insight and locate the “you are here” point on your map. Being Warrior Fit is waiting for you. Can you feel it?

Action #4 (page 118-123)

Grab your pen or pencil again and answer these questions:

1. What are the current environments that affect you? Here are some typical spaces: work, home, your child’s school and extracurricular activities, the gym, the mall, and the grocery store. List every environment you experience each day, week, or month, then circle the top five.

2. Who are the most influential people in those top five environments, positive or negative? These people occupy your brain, affect your emotions, and impact your decision-making. Maybe they don't regularly appear in your top current environments, but only from time to time. You might repeat people from the last chapter.

3. List your current values. Beside each one, indicate which environment gave you that value. If it came from some place outside those environments, list it.

4. How are these values different from or the same as when you were younger? Why are they different or the same?

5. What are your current weekly, monthly, or annual traditions or activities (e.g., church, holidays, vacations, dinners)?

6. What are your favorite hobbies, activities, or experiences today? Circle the ones you also enjoyed in your childhood.

7. What are your least favorite traditions, activities, and experiences now? Why do you dislike them?

8. Physical

a. What are your physical attributes now?

b. What sports do you play or watch, or do you not care about sports?

c. What physical hobbies do you have, such as hiking, walking, swimming, or skiing? Or are your hobbies more sedentary?

- d. What are your favorite meals, beverages, and snacks? Do you eat guilt-free foods? Do you eat guilt-free, regardless of what you eat, or do you feel guilty consuming them? Are they the same foods and beverages from your childhood?

9. Emotional

- a. What are your emotions like on a typical day?

- b. Are your emotions brought on by an event, person, the media, or something else?

- c. How do you cope with your emotions? Do you enlist the help of a parent, friend, sibling, workshop, or therapist, or do you navigate them by yourself? Or are you tucking them away somewhere and not dealing with them?

10. Mental

- a. How would you describe your typical mental state (e.g., peaceful and calm, crazy and chaotic, motivated, and goal-oriented, energized, depressed, or exhausted)? What specifically creates this mental space for you?

- b. How do you feel about yourself and the activities, experiences, and emotions you listed above?

- c. Do you have your tribe of people, or are you more of a lone wolf? Is this what you prefer, or has this state been forced on you?

11. Spiritual

- a. Deep in your core, what do you feel is your purpose— why you are here? What is your passion? Are your purpose and passion the same as they were for your younger self? If not, what caused the change? Maybe you don't know your purpose right now. It is okay to be in this space? Let's take steps to figure it out.

b. Do you currently go to church or have some sort of religious affiliation? Is it the same as when you were younger? If not, what changed?

c. What other things do you really enjoy? What moves you from the inside out? What are the thoughts that make your spirit soar, and what makes your spirit cringe?

d. How often do you get to do these things you enjoy? If you don't get to enjoy them, why not?

e. Who are you now?

More isn't always better. It comes down to values. Do you value happiness or things? Love, family time, peaceful moments, or money? There is no correct answer. We are all different. To find that path, you have to start with your values. Be certain you're not letting someone else write your story.



Not all storms come to disrupt your life, some come to clear your path.

—Anonymous



Often, our starting point comes through storms. Your problems can destroy you or define you. You can choose to be the victor or the victim when those dark times arise. As I mentioned earlier, those hard times may be the moments that bring you to the realization that something has to change. When the pain, hurt, or discomfort becomes intolerable, it often gives us the starting point on our journey to becoming Warrior Fit.



Sometimes you just have to die a little inside in order to be reborn and rise again as a stronger and wiser version of you.

—Author Unknown



I love that quote. As we begin mapping our journey forward and up the ladder, it is time to become aware of what fits and what doesn't. Rediscover and reveal the real you and shed the layers and accessories that no longer serve you, the layers that add weight to your

being but really have no meaning to you. Unzip those layers and take them off. It's time to get rid of them.

Action #5 (page 125-126)

Close your eyes and visualize who you are. Visualize your warrior stance. Feel it. Be it. Was it easier this time?



If an egg is broken by an outside force, life ends. If broken by an inside force, life begins. Great things always begin from the inside.

—Jim Kwik



Your life, strengths, weaknesses, love, passions, and your story—they all start on the inside. Take a minute and write the first thing that comes to mind about what you think will keep you from becoming Warrior Fit.

Now, put a mark solidly over each reason you gave, as a reminder that nothing stands in your way but you.

It's time for you to become Warrior Fit—to break out of your shell and let the outside forces know you've got this. The pen is in your hand. Awaken the warrior within.



Though no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending.

—Carl Bard

