

WARRIOR FIT: BEING FIT ISN'T JUST PHYSICAL

CHAPTER 11

The Map of Your Adventure-Actions and Questions

It does not matter how slow you go as long as you do not stop. —Confucius



Words have meaning and intention. Where your focus goes, energy flows. Choose your words wisely. Keep them positive and affirming. Hold on to an attitude of gratitude. And above all, give yourself permission to love and accept yourself as you are now. You are *you* at your core.



Failure is not the opposite of success; it's part of success. —Arianna Huffington

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The limit is not the sky. The limit is the mind. —Wim Hof



Being fit isn't just physical. Feeding, exercising, and detoxing your physical, emotional, mental, and spiritual being can help you to face, with strength, confidence, and energy, this ever-changing world we live in.

Have you begun to discover what makes *you* Warrior Fit? Because every Warrior-Fit personality is different, you will need to experiment to discover which examples of feeding, exercising, and detoxing resonate with your physical, emotional, mental, and spiritual self. As you become Warrior Fit, you will learn to live it every day.



*Promise me you will not spend so much time
treading water and trying to keep your head above the waves that you forget, truly forget, how much
you have always loved to swim.*

—Tyler Knott Gregson



Action #6 (page 130-131)

Sometimes the smallest step in the right direction ends up being the biggest step of your entire life.

—Naeem Callaway



Breathe deep and take your stance once again. Start each step from a place of power and strength. Take your stance when you feel down or when you need to get energized and unstuck. Feel your pose in your veins; embrace the warrior that is you.

Now grab your notebook and write these three life rules:

1. If you don't go after what you want, you'll never have it.
2. If you don't ask, the answer will always be no.
3. If you don't step forward, you will always be in the same place. (Nora Roberts, Positlive.com)

Think about what you want. Consider what you need to ask for. Now step forward. Go out and get what you want. If you need to ask for something, ask.

Knowledge is not enough. Power comes from moving and doing.

Action #7 (page 131-142)

These questions will guide you as you choose what actions you would like to take to climb the ladder. Once you determine your focus and actions, it will be time to schedule your

start dates and put them on the calendar. We won't do it all at once but rather one rung at a time.

Your Physical Self

1. What do you value about your physical self right now?

2. What specifically would you like to change? Do not say, "I want to look better," or "I want to lose a few pounds." Do say, "I want to tone my core," or "I want to lose twenty pounds."

3. Now, visualize and feel being there. What do you see and feel? Be your vision!

4. What actions are you going to take to be your vision?

- a. How will feed your physical self?

b. How will you exercise your physical self?

c. How will you detox your physical self?

d. What ideas from chapter five resonate with you?

e. What other ideas or experiences of your own motivate you to take action on your physical journey to becoming Warrior Fit?

A slow start is still a start. Put it on your calendar. Make practical decisions you can stick with. Give your plan a few weeks. If it doesn't work, change the action and replace it with something else. Do not give up. You've got this. Remember, you are taking baby steps. Unless you are mastering it, then perhaps you should call it Bigfoot steps. Either way, you are moving up the ladder!

Your Emotional Self

1. What do you value about your emotional self right now?

2. What part of your emotional self would you like to work on or through? If you have an awareness of what needs attention, write it down. But if you can't put your finger on it, meditation may help. Meditation can open your mind and heart to reveal truths and add clarity. You can find specific meditations in books and online for healing, relaxation, positive energy, gratitude, and sleep. Sometimes a friend or a therapist can help.

3. After you've discovered what emotions you want to work on or through, visualize and feel being there. What do you see and feel? Be your vision!

4. What actions are you going to take to be your vision?

- a. How will you feed your emotional self?

b. How will you exercise your emotional self?

c. How will you detox your emotional self?

d. What ideas from chapter six resonate with you? What other ideas or experiences drive you to take action on your emotional journey toward healing and becoming Warrior Fit? Whatever you decide to do, write it down with intention. Emotions change from day to day based on events and triggers. Sometimes, we wake up feeling, *eh*. At those moments, take a few deep breaths to calm yourself so you can work through the feeling. Give yourself permission to feel your feelings and work through them. Take your power stance to give yourself strength. It may take time but try using some of the tools and see what works for you. Up the ladder, you go! Whether it is one rung or two, progress is progress.

Your Mental Self

1. What do you value about your mental self right now?

2. What mindset would you like to own? What attitude do you want to have as you navigate through life? If you have an awareness of what needs attention, write that down.

3. Visualize and feel being there. Be your vision!

4. What actions will you take to be your vision?

a. How will you feed your mental self?

b. How will you exercise your mental self?

c. How will you detox your mental self?

d. What ideas from chapter seven resonate with you? What other ideas or experiences drive you to take action on your mental journey to becoming Warrior Fit? What did you decide to do? Will you be learning something new? Playing lots of games? What will you be purging from your house and mind? Take the time to have fun with your desired activities. Make sure they align with your values. Self-care is very important, and a lot of it starts with your mind. Feed your mind those things that will build muscle and resilience.



*Strength doesn't come from what you can do.
It comes from overcoming the things you once thought you couldn't.*

—Rikki Rogers



Your Spiritual Self

1. What do you value about your spiritual self right now?

2. What relationships and connections are important in your life?

3. What are you doing to stay true to your values?

4. What do you feel is your life's purpose? If you're not sure, what do you enjoy?

a. Are you living it?

b. What is your dream?

c. What type of work would you like to do?

d. How do you want to spend your free time?

5. What makes your soul soar?

6. It is time for you to become your own superhero. What does that look like? Take your time.

7. Stand up and close your eyes. Visualize and feel what being that superhero is like. Remember, you are writing this story. Tell yourself, "I can be what I want to be." You define it. Write it down. Be your vision!

8. What actions will you take to be your vision?

- a. How will you feed your spiritual self?

- b. How will you exercise your spiritual self?

c. How will you detox your spiritual self?

d. What ideas from chapter eight resonate with you? What other ideas or experiences drive you to take action on your spiritual journey toward becoming Warrior Fit?



You've got to get up every morning with determination if you're going to go to bed with satisfaction.

—George Lorimer



As true as this quote is, we know we all have those days when the best we can do is to stay on our current rung. And that is okay.

At the same time, when you wake up with gratitude, intending to have an awesome day, your first step out of bed is your first step up the ladder.



Forget your to-do list and create a to-be list.

—Frank Sonnenberg



Look at the map on the next page. It is a map up the ladder. I encourage you to mark it up. Use a copier and enlarge it. Add the actions you intend to take and the dates you intend to start. Then put the dates on your calendar and create a check list for each day. Write TO DO on the top of your list. Now, cross out the word do and write the word be. This is now your TO-BE list.

Design your Warrior Map.

What actions will you take to climb your ladder? Write them in the blanks next to the ladder. Happy climbing!

When is the best time to start?

Years ago.

When is the second-best time?

Right now.

