

PREMIERE COACHING ACTION ASSIGNMENT

Goal/Action - Assignments (Downloadable PDF)

LIFESTYLE - Week 3: FEAR

1. Chant positive words or AFFIRMATIONS to yourself EVERY MORNING when you rise and right before you go to sleep.

- Start with these examples and then add your own...
 - I deserve more.
 - I am worthy.
 - I am number one from this day forward.
 - I matter in this life.
 - I will live long and strong.
 - I am confident I will lose _____ lbs.
- Put a yellow sticky in mirror to remind you.

Post those affirmations everywhere you frequently visit.

2. Make a date with your laugh as I've described. A belly laugh! It's good medicine. Put it on your calendar if you have to, but just take 2 minutes out of your day and have a good belly laugh. Start with 15 to 20 seconds. Afterwards take 3 deep breaths and move on. A good plan would be to do this right before or after your workouts. Once you've had a great belly laugh, record the emotions that came through for you in your journal.

A lot of FEAR comes from the experiences of your past emotional baggage.

3. You must work on getting rid of your past emotional baggage so you can move forward with no excuses.

Step 1: Forgive Yourself – forgive yourself for at least one thing that you regret from your past. Write it down in a journal. Start it this way, “I forgive myself for _____. I didn't know any better. When you know better you do better. I promise myself that I will do better and not dwell on the past. I promise myself that I will open up my heart and invite in new experiences and new possibilities. I will not be held back any longer or cry over spilled milk. I am excited to begin again and learn from past mistakes. From now on, I will NOT hold myself hostage any longer. I will get rid of the _____ that I have felt to this point and make new and beautiful memories from this day forward.”

Step 2: Forgive Others - forgive one person in your life for past issues. Learn from those mistakes and use it to shift forward.

Step 3: Take Your Time - **don't try to resolve everything all at once.** Start with just one thing and process thru that. Then later, face the next issue.

NUTRITION - Week 3: LUNCH

Incorporate some of the lunch ideas I gave you. Record how your body acts and feels.

One of My Favorite Recipes

This recipe has everything: great taste, lots of protein, and it's easy to make. Take it to work as a quick, healthy lunch, or bring it along at a picnic or barbecue so that you've got something good that's good for you!

Cashew Turkey Salad

4 ounces dry gluten free wheat noodles (or 2 cups cooked) - optional

Dressing

- 1 tablespoon of cashew butter
- 1 tablespoon of plain unseasoned rice vinegar
- 2 tablespoons freshly squeezed lime juice
- 1 teaspoon minced fresh ginger
- 1 tablespoon minced garlic
- 1 teaspoon lime zest

Salad

- 1 cup cooked diced turkey (can be purchased from deli)
- 2 cups shredded Napa Cabbage
- 2 sliced scallions (small onions)
- 1 cup sliced carrots
- ½ cup sliced red bell pepper
- 1 fresh orange, cut into chunks

Garnish

- 1 tablespoon chopped fresh chives
- 3 tablespoons chopped cashews

Cook gluten free wheat noodles according to package. Combine cashew butter, rice vinegar, lime juice, ginger, garlic and lime zest in a small bowl and stir vigorously until smooth.

Place salad ingredients in a medium salad bowl along with the wheat noodles and mix well. Pour dressing over the vegetables and noodles. Garnish with fresh chopped chives and cashews.

Two servings, serving size 2 cups. Prep time: 20 minutes Cook time 10 minutes 4 cups

Lunch Favorite:

- Grilled White fish (or grilled chicken)
- 1 cup of sautéed cauliflower, broccoli or spinach
- Baked yam
- Tablespoon of olive oil.

Vegetarians - You can substitute the proteins with tofu or quinoa or something similar. Choose your favorite.



WORKOUT - Week 3: BUILD

This is the building phase. Pay attention to form as you build.

Weight Training

The focus: Combine exercises from weeks one and two

Do a rest day between weight workout days. For example: Do weights - M/W/F

NOTE: No rest day for cardio -- Do 3 to 5 days

THE WORKOUT should look like this: [Do 2 to 3 sets, 3 days a week (M/W/F)]

10	Squats	10	DB Rows
30	Marches (active rest) 30-60 sec	30	Side punch (active rest) 30-60 sec
10	Push-ups	10	DB Lateral raises
30	Marches (active rest) 30-60 sec	30	Marches (active rest) 30-60 sec
		20	Bicycles

Don't forget: Cool down & do your Flexibility exercises

1. Back stretch
2. Hamstring stretch
3. Quad stretch
4. Behind back chest & shoulder stretch