

MODULE 2

FACING FEAR (FACE EVERYTHING AND RISE) AND MOVING PAST THE EXCUSES

INTRODUCTION

A large part of victimization are the FEAR-BASED excuses. The financials, the lack of support, the deficiencies in their experience or physical self. You will teach them how to recognize the excuses and rewrite the story.

ASSIGNMENT

- 1. Call someone and speak your truth, forgive** – make a call to someone you’ve been dreading to call or been afraid to call. Let it be someone you’ve had an issue with in the past. Work it out. Tell them you love them and/or forgive them or say your piece and move on and agree to disagree.
- 2. Look at financials, create budget**
- 3. Go to doctor for health assessment.** – Make sure to tell them you are starting a new workout regimen. It is important to get a good physical checkup and assessment before you start a new workout program to make sure you are safe, don’t have any hidden medical issues that a workout might make worse and to get you mentally and physically ready for it.
- 4. Test your fitness** - Facing your fears: The workout. How to get over Your Fear of your workout place, For Good. Building Muscle itself will Break Down Fears, but how do you work up to that point?

We all have our excuses for avoiding workouts whether it’s running on the streets, working out at home or going to the gym. One of the most powerful in preventing people from exercising is the gym because it’s intimidating. “So many people are worried about being judged and say, ‘I need to get into better shape before I go to the gym or they express self-defeating thoughts, such as “I’m going to fail” or “I’m not good enough,” before they even make it to the gym or, they’ll look at the person next to them on the treadmill who’s running an eight-minute mile and think, ‘Why should I even bother walking?’” The fear of working out with others can be so extreme it might result in people exercising less overall.

NOVICE

To get over you’re fear & stop making excuses of working out start at home:

- Practice module #1 exercise (dance with your favorite songs) daily
- Take a ride to the mall, park or stadium or maybe at home where there are lots of steps. Travel up and down those steps (look for a flight of about 10 to 12 steps). 3 times a week Start with plank on side of bench. Then begin with 2 flights of stairs and 10 curls with a resistance band, and repeat for 5 to 10 min or whatever you can handle. End with a 2nd plank. 2nd phase - Work up to at least 20 minutes of stairs followed by 3 sets of curls and a plank in the beginning and end of workout.

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BEGINNER

If you want to take it to the gym build slowly by:

- First visiting a gym to get a personal tour in your area.
- Start with the least-feared scenario, such as wearing gym clothes around the house or to the store, then going to the gym but not exercising, and then maybe going but trying an easy exercise.

Many people find their stride once they visit the gym a few times and realize their fears are overblown. “We’re all worried what everyone else is thinking, but no one is paying attention. They’re focused on themselves. Here are some other ways to Finding Your Workout Comfort Zone:

ADVANCED

- **Go to the gym during off-hours when it’s less crowded.** That will ease you into the gym and make it feel less intimidating. You will start to see familiar faces and make gym buddies more easily.
- **Dress comfortably.** Don’t wait until you lose weight or have sculpted arms before you buy yourself some nice workout clothes. It’s motivating to have a nice new outfit. Find something that fits you now and is flattering. Avoid clothes that are too big or too restrictive that might make you feel self-conscious.
- **Take a group class.** “There’s safety in numbers, and you quickly realize everyone is different ages and body sizes and is struggling together. You’ll probably also discover you’re not the worst one there. It can be encouraging because there’s always someone behind you and someone better than you.”
- **Own the back row.** It’s perfectly fine to claim the back row of the workout room to find a treadmill that’s in the darkest corner of the gym if that makes you feel more comfortable. Go early and stake out your own little space. Put your towel on your bike, listen to your own music beforehand and get in your own zone.

5. Write Down Your Nutrition