

Stay the Course Worksheet February 24, 2021

Unlock Stress with Active Management

Moment of Truth: Lapses during training should be viewed as opportunities for fine-tuning, not failure.

Quote to Remember: *"I've missed more than 9,000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."* ~Michael Jordan

Challenge to Implement: 1) Complete the Unlock Stress via Active Management Worksheet. 2) Set your Active Management Boundaries.

Unlock Stress via Active Management

The vast majority of people face one or more barriers, such as time, finances, prioritizing, scheduling, support issues, etc. it is important to develop strategies before adherence problems arise.

Step 1: Identify the barriers that most often deter you from being consistent when following a health and fitness regimen.

Time

- Busy home/family schedule
- Busy work schedule

Finances

- Financial constraints

Prioritizing & Scheduling

- Lack of convenience
- Schedule conflict with other activities
- Schedule conflict with partner

Support

- Lack of activity partner(s)
- Lack of available childcare

Myself

- Lack of self-motivation
- Lack of confidence in my ability
- Physical injury
- Health concerns/problem

Goals

- Failure to reach previous goals
- Unrealistic goals

Miscellaneous

- Gym/club environment
- Insufficient activities or amenities
- Inclement weather
- Other _____

Step 2: For each barrier, devise a coping strategy to overcome the obstacle.

Obstacle	Coping Strategy (increase social support, become more assertive, improve your self-regulation, etc.)
<input type="checkbox"/>	

Active Management Boundaries:

1. Identify your goal weight, clothes size, etc.
Any measurement that is most important to you
2. Identify your active management boundary
Ex. goal weight = 130 pounds; boundary = 135 pounds.

If you reach 135 pounds, that is your signal to tighten up your regimen

My 1st goal is:	
My active management boundary is:	
My 2nd goal is:	
My active management boundary is:	
My 3rd goal is:	
My active management boundary is:	

Prevent Self-Sabotage

Moment of Truth: Most people sabotage their efforts before ever starting.

Quote to Remember: *"You are not competing against anyone other than yourself. Focus on becoming your best version of you."* ~Candice McField

Challenge to Implement: For each self-sabotage tip, identify one action item you can begin taking TODAY.

Prevent Self-Sabotage
My Overall Goal is:
How can I...?
Reprogram my thinking:
Stop comparing myself to others:
Manage my outcome expectations:
Implement the power of 10%:

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Moment of Truth: Always remember *where* you started, *why* you started, and *what* it will take to accomplish your goals.

Quote to Remember: "Health and fitness is a lifestyle and in order to maintain it, you must be committed to living it."
~Candice McField

Challenge to Implement: 1) For each category identify the new habit you are most proud of and/or identify a challenge you will continue to focus on. 2) Answer the following questions. Where did you start your wellness quest? Why did you start your wellness quest? Lastly, what will it take for you to accomplish your goals?

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Nutrition	The current habit I'm most proud of is: A challenge I need to focus on is:
Strength Training	The current habit I'm most proud of is: A challenge I need to focus on is:
Rest	The current habit I'm most proud of is: A challenge I need to focus on is:
Genetics	The current habit I'm most proud of is: A challenge I need to focus on is:

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Where I started:

Why I started:

What will take to accomplish my goals?