**~ Coming On Strong ~ Worksheet - September 2018**

Dive in sugar! This is where we get clear on our baseline before we kick into the tutorial tools and challenges for the month! Get set with your self-awareness raisers below:

**How strong do you feel physically?**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

**Do you feel your physical strength has changed over time?**

|  |
| --- |
|  |

**When?**

|  |
| --- |
|  |

**Why?**

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| --- |
|  |

**Would you like to feel physically stronger?**

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| --- |
|  |

**When in your life did you feel at your physically strongest?**

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| --- |
|  |

**How did that feel?**

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| --- |
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**What was going on in your life at the time?**

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|  |

**Do you lift heavy things regularly? Why? Or Why not?**

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**Shining a light on your most common excuses (has to be done!) what are your most common excuses about not working out or building your strength?**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Rate your INNER strength**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

**Rate your OUTER strength**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

**What does this illustrate for you?**

|  |
| --- |
|  |

**How motivated are you to improve your physical strength this month in the 30 Day challenge?**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

***Well done, you! Lots of good information and intent to carry forwards into an EPIC month: remember – PROGRESS NOT PERFECTION!***

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