~ 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?

Would you like to feel physically stronger?

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

How did that feel?

What was going on in your life at the time?

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

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!