

Week 1: Mind Set, Visualisation & Goal Setting

This is officially the start of our 8 Week Strong Mumma Challenge. This has been created to make sure you not only have a great time at our classes but that you are also progressing towards your fitness goals.

There are 3 things I need you to do: Set your goal, Exercise Plan & Meal Plan. Every Sunday I will get you to share your Exercise/Meal plan with us in the group, along with your Wins & Challenges so we can support you all the way.

When we plan, we eliminate all the guess work. There are less decisions to make when you are stressed (or have a whinging bub), life goes more on auto pilot. These steps are really critical to your success

But before we get to the punch line of 'my goal is...' I need you to work through these questions so that you come to a meaningful and achievable goal. The mindset work is so incredibly important because it will determine if you follow through and implement all the work we put together here.

Side note: One rule, we don't want you goal to purely focus on the aesthetics. Ie I just want to loose 5kg. Now you very well may do this, but this progress goal doesn't take into account postnatal hormones, muscle gains or what your body is actually able to do. Nor does weight loss automatically mean healthier. There is nothing wrong with wanting to loose weight, but I want to you work through this just so we can help shift your perspective slightly.

You can do anything but not everything. So it's important to think about the logistics of your life. If you had a goal to run a marathon, but you have a high needs baby who doesn't sleep a lot, the timing might not be right and we certainly don't want your goals to add more stress to your life. It should be there to inspire you to flourish. I still want you to have this goal to get to a 'marathon' but we are also trying to achieve a great result in 8 weeks.

BUT there is another muscle I want you to work DAILY and that is your mind!

Is your mind ready? Your brain will give up before your body does. Your results will come down to 80% mindset and only 20% is the strategy (nutrition & fitness)

Where your focus goes, ENERGY flows.

Let's find out where your current focus is BUT let's also unlock what you could focus on instead

I want you to create enormous belief in yourself. When you do, you will unlock more potential, take more action and get better results. If we only believe in ourselves a little bit, we only use a tiny bit of our potential, take a little bit of action and see little results. It can be an upward or downward spiral. Let's see ourselves as EPIC

1. What are your biggest struggles and complaints? What are the things you are always saying to yourself that you hate hearing and you don't want to be 'your story'?
What are your biggest obstacles and Challenges? What are your limiting beliefs?

For example: I don't have time, I am so unmotivated, I have a baby that doesn't sleep, I don't know what to do, it's so hard with a baby, I'm overwhelmed/hopeless, I never follow through on anything,

Does anything trigger these thoughts? What does it make you do or feel?

What would be a better thought or belief pattern to take on?

For example: I am enough, I am capable, everything is more than ok, I invest in my family

2. What are the feelings you are chasing? What does your version of an extraordinary healthy, happy or energetic person look like?

Eg I want more energy, I want to feel sexy, I want to feel happy, I want to feel proud. She is confident, fun & strong!

Why MUST you and why WILL you take action on your health?

This is the part where the 'I want to loose 5kg' goal wont stick if it isn't meaning full and compelling. For example, try these: I am the best role model for my children, I want to live long to see my great grandchildren, I can participate in every event in life with confidence, I want joy daily, I will be the best wife and mother

What are your top priorities & aspirations? What do you love to do (exercise wise)? What parts of your health are you passionate about?

What do you want your body to be able to do? How do you want your body to function? *Eg do you want to keep up with the kids, reduce my abdominal separation, jump on the trampoline without continence issues, climb a tree, run a marathon (ok marathon wont be achievable for most in 8 weeks, but please think about long term too)*

What do you love to do? How do you like to move your body? *(ie don't write down run a marathon if you hate running 😊)*

Who is the ultimate you? Describe them. What are their habits, routines, thoughts? *(Maybe you have a particular person/figure in mind who you admire and would like to be more like. Think about how you would like to live your life)*

3. What is your emotional home? What are 2 emotions that would change your life? *For example: I am normally angry... replace with gratitude, laughter, happiness, carefree, fierce, nurturing ???*

How would your life change if these new emotions became dominant?

What are your favourite mantras?

Take 5min now to fully go through this visualisation: Imagine you living your best life! Take time now to imagine how your life is playing out when you are fully at your best health. Who are you with, what are you doing, where are you, what are the emotions you are experiencing. Live it, see it in colour, smile and fully see yourself at your best.

Now imagine what will happen if you take no action... what is the worst that would happen? What if you still didn't do anything 5 years down the track? How do you feel, what are you missing out on?, Imagine this 10 years and also 20 years on?! Notice how crappy that is and that you never want to stay here.

Now go back to your vision of your best life. How awesome is it? Remember how amazing you feel. Stay your new beliefs and mantras to yourself now.

Wellbeing Test:

Please personally rate each of the following areas out of 5: 1 = very low/poor & 5 = very high/excellent

Area	Score 1-5
Your body image	
Self confidence	
Energy levels	
Quality of sleep (not quantity)	
Intuition with your body	
Nutrition & food habits	
Motivation for fitness & exercise	
Self care/me time	
Quality time with spouse	
Quality time with children	
TOTAL	

Optional Extra:

Body Measurements records

Weight

Right Bicep

Chest

Waist

Hips

Right Thigh

Optional Fitness Test:

Complete all of the following exercises continuously with as little rest as possible. Record the time it takes you complete the full circuit, keep a record of equipment used like height/distance/landmarks you used (eg red chair and between house and fig tree). Estimate of distances are fine.

Please also score how easy/hard/exhausted you felt afterwards out of 20 (1 = I could do this in my sleep and not even out of breath and 20 = I am absolutely shattered and can't talk because so out of breath).

Please warm up for 10mins prior to testing

20 x Step ups (record equipment/box used. Keep a low step if you have hip instability or make it higher for my super fit ladies)

15 x Push ups (record if done on knees/toes or inclined. Please do inclined for beginners or abdominal separation). You can skip this one if you get carpal tunnel or wrist pain.

15 x Shuttle runs or power walks (approx. 10m apart -record land marks)

15 x Get ups (lay flat on ground/tummy and stand up with arms over head)

Time taken to complete test _____

Score of how I felt after test /20 _____

Also record how long you can hold a plank for _____ (record if done on knees or toes. Please stay on knee or incline if you have separation). Do not include your plank in you total fitness test time.

Now put all of these important thoughts together and tell me what your goal this term is going to be

My Strong Mumma Goal is... _____

Please share your goal with us in the Strong Mumma facebook group. Once you say this out loud, declare it to the world, your chances of actually achieving this goal is insanely increased!

How do you close the gap between where you are now and where you want to be? What needs to happen?

Action step: Complete meal & activity planner

Exercise & Meal Planning: Please find my attachments to use to help you plan this, but if you already have a system that works for you, just use that and take a photo for me

Getting to our timetabled sessions makes life really easy... you just turn up and we tell you what to do. But I also need to you treat your other workouts (walks, pelvic floor etc), like your health appointment. You would not cancel an appointment with your doctor/dentist, so please treat these in the same way and plan your day with them.

My top tip is to put exercise early in the day so that it gets done and not 'bumped'... I'll do it later, then later.. next minute its 9pm and the last thing you feel like doing is exercising! So try to be really specific eg Tuesday 10.30am BAM & Friday 6am Walk around the block. Then you don't have to make a decision what you might do on Friday or just put 'Friday walk' as it will get bumped.

You can certainly be flexible but make sure it works best with your family dynamic, when kids are happier, sleeping etc. Work WITH your family. Include the kids where possible When you plan your exercise also consider your usual weekly schedule (eg swimming lessons) but each week you might just have to tweak slightly if you do have another things pop up like family visits or specialist appointments.

Meal planning works in the same way but also save you money when grocery shopping. Flexibility can still occur with meals, that you have all the ingredients available so you can switch your dinners around eg you planned fish for tonight, but you really feel like steak instead. Don't stress with meals yet about what you 'should' or 'shouldn't' be eating. This week I want you to focus on 'tuning in' whenever you eat. Ask yourself these questions? Am I hungry? Am I thirsty? What do I feel like (sweet/savoury)? Will this be truly satisfying? Will this make me feel awesome? Then try to eat slowly and enjoy your food.

The first time you do this might be a bit more time consuming, but each week will just require a little tweak.

What does Philippa need this week?

- Your Mindset & goal setting worksheet
- You exercise plan
- Your meal plan
- Your mantra's you are going to focus on this week
- A little summary of your weeks Win's & Challenges

Now make it part of your daily routine to visualise your self achieving your goal, visualise all the amazing things you will do with your healthy body and say out loud your mantra's and new belief thoughts. Make it fun and a bit silly. Have a 3 min dance party to an uplifting song (don't get so serious about it.. make it a fun & physical exercise)