

Week 3 Challenge Work: 2 part series

Part 1: Your Environment

Is your environment setting yourself up for success with your health and fitness? What are you watching, what are you reading, whose facebook posts are you scrolling through, what messages are constantly being subconsciously thrown that could be holding you back from living your ideal you?

This week I want you to set yourself up for a positive day. Consider this... What is the first thing that you do or see when you wake up? Is it your bedside table that has a fitness magazine with 5 belly blasting tips open? Are you scrolling through your phone and being consumed by depressing news, are you jumping on your scales to see if you are 'good enough' today? There are so many areas of our home and general environment that will confirm all sorts of messages that aren't actually true for you but subliminally holding you back from fully believing in yourself.

It is time to upgrade your daily experience & bring awareness to the things around you. Your task this week is to choose at least 1 area (from below) that you will 'declutter' out all the bad, negative or self limiting messages (or physical items). This could be an on going process, but choose one area and slowly look at all area's over the following weeks.

"Clutter" brings stress and distraction, so it actually needs to be attended to quickly if you want results with your health and fitness. For example... who has skipped a workouts because their house is a mess. You will stop doing important fulfilling things because you are busy with clutter

Physical and mental clutter can be very paralyzing and cause stress. This process is scientific and not just a fun idea as STRESS reeks all sorts of bad things in your body which slows down your digestion, metabolism and mood. This whole process will help boost your mood, increase your daily happiness and feel empowered.

Who wants to feel happier and speed up their metabolism??

Choose one of these areas:

Books & Magazines

What messages are your books sending you? Are you holding onto 5 years worth of fitness magazine with diet tips & butt toning advise? Get rid of them!!

Do these books uplift you? Do they make you feel guilty or exhausted? Are they telling you how amazing you are?

Social Media

Who are you following? What messages are showing up in your news feed? You should unfollow pages and people (or even block) who are a negative influence. Do their values line up with your values or are they super racist? Do they make you feel inspired and energised?

TV Shows

What are you watching before you go to bed? How do you sleep after watching these shows? Do you take on the stress from these shows – violence? Emotional trauma? Are they positive and uplifting messages helping to create the person you want to be? Are you bingeing all night and waking up constantly exhausted? Could you be using this time to do more meaningful activities or home 'date night' with partner? This year we actually threw away our TV!! It's been a while in the making but the rewards are extreme!

Kitchen

What gadgets do you have on display or tucked away they keep you held hostage to dieting. Is the juicer on the bend reminding you that you need to detox? Are there fat free cooking bookings that you don't use or enjoy the food from. What is in your pantry and fridge? Are there foods in there allow you to eat to be awesome?

Wardrobe

What items of clothing are you keeping there for 'one day'. Do these clothes make you feel guilty or happy or sexy? Your wardrobe is loaded with messages... what is that message exactly??

Bedroom

What do you see when you wake up in the morning? Does this bring help create a positive morning routine? What is on your bedside table? Do you feel excited, relaxed, calm or anxious when you open your eyes?

Car

Is your car full of trash? Do you need a bit of aromatherapy to mask that unknown smell? How do you feel when you sit in your car?

Social Life

Do you have too many or not enough social commitments? Are these commitments uplifting or draining? Are your friends exhausting or uplifting? Does your BFF make you feel unstoppable? Are they supportive of your life/health choices? Who killing your mojo and need to set boundaries with (or just see in group setting only)

Home

What is in your bathroom cupboard? How long has it been since you used that product – should you actually just use it or get rid of it? What messages are all your bathroom products sending you?

Is your home inviting? Do you feel comfortable? Are you using your special chair or silver ware? Do you avoid going in certain rooms? Does the mess make you feel anxious?

Out source! You can potentially even out source some of these tasks – like getting someone else to clean your car.

You can be totally blown away by this process! Please share with me in the Strong Mumma facebook group with area/s you are tackling this week, let me know how you felt before and after your 'declutter'

Park 2: Nutrition Starter

Nutrition is a crucial part of your overall health and we are going to dive more into this next week, but this week we are just going to touch on it and get our food thoughts rolling. Food is not rocket science, but it can get overwhelming or just completely missed when you are busy or caring for young demanding children.

Most clients I talk to tell me that the area they struggle or fail the most is food. It's a pretty broad statement so of course I like to dig a little deeper. And to be honest, I would say more people would rather exercise more than change their food habits.

What part of eating/nutrition are you actually struggling with? What are you eating? What are your exact weaknesses? Is this really a problem? ... Once we probe through these it often turns out that their diet isn't really 'that bad'!

It can be one of those cultural things that we are meant to obsess about food, assume we are doing it all wrong and add extra layers of guilt over your choices. When the reality is, you are travelling ok.

Out of 10 (1 poor & 10 excellent) how do you rate your overall food/nutrition habits? _____

Continue the next questions if you answered anything less than a 10/10

Exercise: What is your biggest struggle/s with food/nutrition? IE. Why did you score yourself less than 10?

Now digest this 'problem' a little bit more for me? Eg when does it happen, how often does it happen, what triggers is, how much are you having

Example: I have no self-control (self control for what specifically?), I eat too much chocolate, I eat it when I'm stressed, I eat a whole block about once a week

Is this challenge/struggle/habit as bad as you think? Is it really a problem or is it a cultural norm/expectation?

What are 1 or 2 strategies you can easily start/adjust to help improve this?

1. _____

2. _____

Example: When I am feeling stressed I am going to chat with my husband and make sure I get in a 10min alone walk. Or I will buy less/no chocolate when I do the groceries

Do you need to prep more snack on a Sunday, do you need to make your lunch the night before, do you need to eat more slowly, do you need to drink more water, do you need to pack a lunch box for yourself, do you need to pre-cut fruit and veggies, do you need to accept help, do you need to decedate more time to learning mindful eating?

****Action these now or pop into your calendar as prompts****