

Chapter 7: Strength

ONE-MINUTE WORKOUT

Back to your training plan for life and business success. For your one-minute workout, reflect on the past day. How did you show up? Think about whether you were in control of your behavior or whether your emotions were in control.

Now, think about your next day. How do you want to show up? Regardless of the emotions you might anticipate feeling, think about what behavior you want to demonstrate.

Here's an extra challenge: think about what you specifically want to do, not just what you don't want to do—for example, “listen” instead of “don't talk too much,” or “stay curious” instead of “don't shut down.”

This is a workout you can do every day, even multiple times a day.

REPLAY

Strength is:

- Getting off autopilot
- Identifying your triggers
- Making conscious choices
- Choosing what to do with your feelings

Strength is not:

- Denying your feelings
- Putting on a brave face
- Trying to make everyone else feel better
- Pretending everything is okay



THINK QUESTIONS

- How do I want to show up?
- What choices do I have in this moment?
- How can I override my default?
- What other options are there?
- What's the risk/cost of not consciously choosing how I want to show up?
- What support do I need?

TRAINING PLAN

- Recognize your emotions and notice the default behaviors that show up.
- Use your breath.
- Be aware of your own behavior and the effect it's having on others.
- If you're not ready to show up how you want, don't be afraid not to show up at all.
- Set your thermostat, rather than matching everyone else's temperature..

Need practice? Visit ThoughtfullyFitGym.com to join a Strength workout!