



# Worksheet : 10 Tips to Help Get Your Engine Started & Create Freedom in Your Life

Tip # 1 Work out on your own time

Experiment: For 3 Days work out early morning, noon, evening then answer the following questions.

- When was I the most motivated to work out?
- When did I have the most energy
- How did it impact the rest of my day?

Tip # 2 Don't put so much pressure on yourself, but keep yourself in check.

Tip #3 Get into the music. What song always gets your motor running that you will never get tired of? Why?

Opportunist tip. Combine music and exercise to stimulate O\_\_\_\_\_ and e\_\_\_\_\_, the feel good hormones in your body! (University of Michigan)

Tip # 4 be a realist. Make it easy. Decide now what plan you will investigate in hopes to implement?

Tip # 5 Track your progress. Need a tracking worksheet? Click here.

Tip #6 Don't make it seasonal or Monday ; ) Keep moving in every season. Assignment...just say you promise.

Tip #7 Eat your way through it. Don't get hangry!  
What healthy snacks can you bring with you on a regular basis that you like to eat?

Tip #8 Round it out. What exercise activity can you include in your routine this month? Hiking  
Dancing Rowing Bike Riding...

Tip # 9 Do what you know to do. Ask your family and friends what they see you doing about your health/eating habits/attitude. Are you taking your own advice?

Tip # 10 Who can you sit down with? A friend or a personal trainer to strategize how to make habits like these that will work for you and begin to create freedom through health in your life?