
WHAT ARE YOUR SUPERPOWERS?

Change is tough. But you already knew this. One way you can help yourself succeed is by identifying your Superpowers. Things you're already good at or maybe don't know that you're good at yet. These are things that can help you overcome your limiting factors or the logs that we've talked about.

Do you play sports or have you in the past?

Do you know how to cook?

Have you worked with a personal trainer before, at a Crossfit box, or had other types of coaching?

Do you like tracking things and keeping detailed notes?

Do you know you get grumpy if you don't sleep enough?

Are there certain people, places, or things that make you feel good, energized, or maybe tired and even upset?

Do you like doing things solo or in a group?

Are you easily overwhelmed?



Are you comfortable moving your body? Do you like to dance or pick up exercises quickly?

What kind of learner are you? Visual, verbal-linguistic, theoretical, or maybe logical.

Take a few moments and list as many Superpowers as you can think of. What skills, experiences, or knowledge do you have that can help you on your hero's journey?

USING YOUR SUPERPOWERS TO CREATE YOUR IDEAL HEALTHY DAY

Pretend for a second that you had an entire day to yourself. No responsibilities, no commitments, and stress. How would you treat yourself that day. How would you take care of your body and your health?

What is one thing you would do for yourself?

How would you be physically active?

How would you nourish your body?

Would you be by yourself or with others?

What are some other ways you would show your body that you care about it?

Get very specific here. Write down what your perfect "healthy" day is. This is your opportunity to get crazy! A good trick is to close your eyes and actually visualize the entire day from the moment you get up until the minute you go to bed.

Go ahead. Get started and write that perfect day down.

