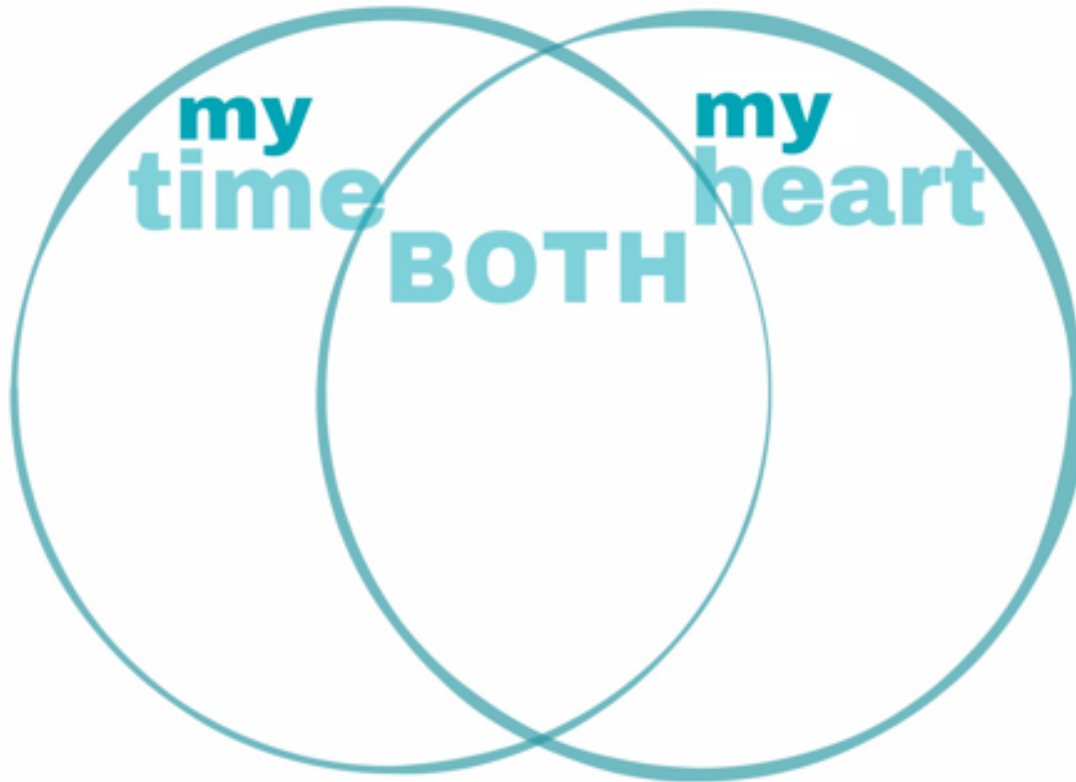




1 hour

My time and heart

First: Think about the people in your life who have the most influence over your time or your heart. Write their names in the circles below. For people who have influence over both, write their name once in the middle where the circles overlap.



Next: One person at a time, carefully consider the following questions.

1. Does he/she know you have decided to have an active lifestyle? (How do they know?)
2. What can he/she do to be supportive?
3. How can you ask them for help?
4. When will you ask for help?
5. Does anything else come to mind regarding the amount of influence you are giving to this person?

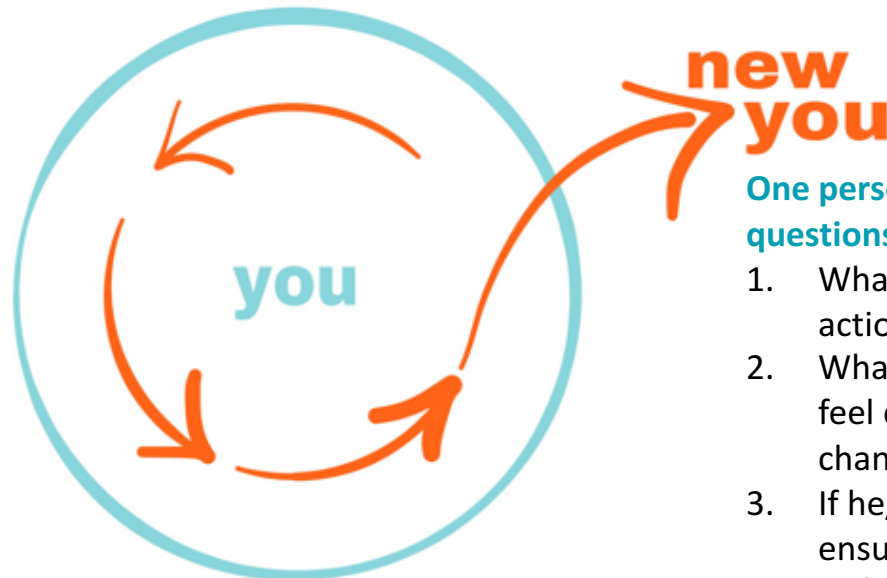


1 hour

Surprise everyone

When people make a big change in their life, it can be surprising to us. It can be especially surprising to those closest to that person. This is exactly what you're doing. It's normal. What is also surprising is how incredibly slow it takes for anybody to notice. Take a look at the diagram below. The people you listed in exercise #1 are accustomed what has been normal for you. Be it good or bad, they have a circle of reference in their minds of who you are and they haven't fully realized you are making a lasting and permanent change.

You're going to need to be patient and live your new active lifestyle for months, possibly even a full year before your circle of people will come around.



One person at a time, carefully consider these questions using the same people from exercise #1.

1. What changes will he/she see in your daily actions?
2. What can you do or say that will help him/her feel comfortable in supporting this positive change?
3. If he/she is mostly sedentary, how can you ensure you don't become judgmental of their sedentary life?



1 hour

Bring it all together

You are now going to take an even closer look at how all of this translates to YOU and your unique circumstances. By now, some of these questions will seem familiar and you are ready to dig deeper. Again, if at all possible, find time that's quiet and alone. Carefully think through each of these questions, let your mind wander and see each answer in full color and high-definition audio. What do you see, smell, hear, and feel?

Take your time thinking through each of these questions.

You do not need to write anything down.

1. Think about your future active lifestyle. What does it look like?
2. What is the disconnect between how you use your time and this vision?
3. How will you feel if you achieved your active lifestyle?
4. What if you DO make this change right now? What will your life look like 1 year from today?
5. What if you DON'T make this change? What will your life look like one year from today?
6. What barriers will you overcome while creating your active lifestyle?
7. Who in your life will benefit from your active lifestyle? How?
8. On a scale of 1-10, how confident are you in succeeding? What can you do to increase your chances of success?

