

# **YOUR FITNESS MANTRA**

## **A Personal Pep-Talk**

One of the smartest things you can do is to create a personal fitness mantra – a short phrase you can say to yourself at any time during the program when you need a lift.

Let's create one now.

A great way to start creating one is by taking a good, honest look at your current state of mind. To help you do this, here is a Self-Assessment Survey.

### **THE SELF-ASSESSMENT SURVEY**

(Answer questions in the space provided.)

- 1.** What, specifically, do I want to achieve in the next Thirty days?

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- 2.** Why is my commitment to this program greater than that of others I've tried?

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- 3.** Why will I succeed this time?

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- 4.** What's my biggest challenge?

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- 5.** What's my greatest motivator?

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- 6.** What's my biggest fear about fitness?

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7. What's my greatest strength?

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8. How can I create the time it will take to succeed with America takes it off program?

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9. Who am I doing this for?

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10. What is the core of my support system?

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### **CREATING YOUR MANTRA**

Review your answers to the ten questions. Analyze them. What do they tell you about your goals – and your best ways of achieving them?

Now write a short, declarative statement that will help spur you to success. Such as:

“I’m doing this for myself. It’s the real deal. I will never give up!”

or:

“I believe in myself. I believe in this program. This is my time to succeed.”

Throughout the next six weeks – and beyond – repeat this mantra any time you need it. Carry the “Mantra symbol” in your pocket. Your mind. And your heart.

