

january jumpstart

**A 31 Day Guide to
Fitness
Inspiration
Gratitude
+ Goal Setting**

What is January Jumpstart?

I designed this as a printable E-Book to help you break down limiting beliefs, set awesome goals, stay inspired everyday, while also moving your body!

You can print this book at Monks Office

Black + White for \$4

Colour for \$19.60

Add \$5.99 for coil binding and a cover if you desire.

Use this link: <https://www.monk.ca/copy-centres/>

I highly recommend getting it printed and filling it out everyday! Or, if you already have a journal you love- just use the prompts I've provided for each day.

Something about putting pen to paper and having a morning routine really sets me up for success. In order to get the most out of this Ebook, I would set aside 10-20 minutes each morning to spend some time journalling, meditating, dreaming and focussing on those goals!

I hope you enjoy and stay inspired throughout the entire month!

Love, Tara

january workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		BRING IT ON NEW YEARS! #226	Cardio 20-45 minutes	Triple Threat Arms + Abs #221	Cardio 20-45 minutes	Full Body Strength #219
Full Body Stretch #196	Full Body Trio #223	Cardio 20-45 minutes	Cardio Sweat EMOM #218	Cardio 20-45 min	Leg Burn + Me Too Abs #220	*HIIT SPRINTS! 30/30 X 8
Yoga Click for video*	10 x 1 HIIT #214	Cardio 20-45 minutes	Bodywt Back + Arm Burner #177	Cardio 20-45 minutes	Lactic Acid Legs #224	*HIIT SPRINTS! 30/30 X 10
Yoga Click for video*	10 min Challenge EMOM #222	Cardio 20-45 minutes	Arm + Hammer Abs #225	Cardio 20-45 minutes	AMRAP Legs #108	*HIIT SPRINTS! 30/30 X 12
Yoga Click for video*	Full Body Upper Body Focus #27	Cardio 20-45 minutes	Upper Body Burn #33	Cardio 20-45 minutes		

monthly goal setting

crush your dreams

I want you to achieve absolutely ANYTHING you desire, and not be afraid to dream BIG. There is nothing you cannot do, be or have, and I want you keep that in mind as you set some goals this month.

This goal setting process combines manifesting, and action orientated goal setting along with working with the subconscious mind to create some magic. Don't just take my word for it, try it out!

Step 1: Dream If you could accomplish anything in the next 30 days, what would that be? Choose one goal that you want to focus on this month.

Some categories to give you some ideas:

Career/Finances

Health/Body

Family/Relationships

Spirituality

Fun/Recreation

Self-Growth/Personal Development

Lifestyle/Hobbies

Tip: Choose an umbrella goal that can improve your life in several categories. For example: My outcome is to book a trip to Bali to go on a retreat. I changed that to "Make x amount of money by selling out Body Mind + Soul Program in order to book Bali Retreat + have an epic vacation!"

Now I've crossed off:

Career/Finances

Health/Body

Spirituality

Fun/Recreation

Self-Growth/Personal Development

Step 2: Check in with your beliefs

Do you believe this goal is possible for you? You don't need to know the HOW, but I want you to make sure that your mind can wrap your head around it. You want to stretch yourself- but if your subconscious doesn't believe it, it won't come true. For example:

Goal: I want to buy a private jet, when you haven't even flown first class yet- may be too big of a stretch for your brain. Change that to "Book First Class flight to x" and now we are talking. Remember, you can always keep manifesting bigger things as you change your beliefs!

Step 3: Write it

Out as if it's already happened.

Ex: I sold out Body Mind + Soul quickly and easily and booked my Bali Retreat for March 2019! Get specific!

Step 4: 3 action steps

That you can take to get you started, AND the date you'll complete them by. These can be small, or big- whatever comes to mind! They should feel EXCITING and FUN.



crush your dreams

Step 5: The Empowering Beliefs Process

Alright, so setting goals and dreaming big is usually the fun part.

Then, a typical goal setting session would have you break down every single step along the way, set a date to get each step completed by, and so on and so forth.

I FIND THIS BORING.

This leaves no room for the magic of manifesting!

Every goal I ever accomplished was not accomplished by some check-list of steps. It was accomplished by first changing my mindset and beliefs around it, then taking the INSPIRED action that came through, and through perseverance usually reaching something even bigger and better!

Don't get me wrong, I'm all for breaking down big goals into baby steps, but I want to incorporate the magic of manifesting into these goals so that you can feel high vibe the whole way through, and work on your MIND so when you do reach your goal, you don't self-sabotage yourself back to where you started!

Have you ever heard of the temperature analogy?

Basically, we all have a set "temperature" in your life (ie: OUR COMFORT ZONE and what we believe we are capable of)

Let's say you live between 60-70 degrees. Let's say your life at this temperature is making \$50,000, exercising 3-4x a week, feeling fulfilled in relationships, and setting goals and plucking along. Now, if you fall below 60 degrees by, for example, all of a sudden stop working out, and then feel crappy and tired- you'll naturally (without any effort) get back into your comfort zone by re-starting your routine until you reach 60 degrees again. If you are someone with the belief that you always work out 3-4x per week for your entire life, and you know this deep down your core- your subconscious will kick you back into gear.

Now, let's say you set a huge goal that's going to propel you into the 80 degree range. You set it, accomplish it, and then all of a sudden find yourself sabotaging yourself right back to 60-70 degrees. Even though it is better up in 80 degree land- you don't truly BELIEVE this is who you are. Therefore without even realizing what is happening- your subconscious brings you right back to that comfort zone.

So, if you want to crank up your life to 100 degrees, you need to do some work on your belief system and subconscious in order to get there and stay there so it becomes your NEW comfort zone!

*crush your
dreams*

I want you to think back to an example of when this happened in your own life. When you came either below, or above your comfortable temperature, what happened?

I can think of an example for me and it took me writing out this process for you guys to realize it! I set a goal to run a marathon. I crushed it- surpassed my goal, made every run, and gave it my all. Even though I identify and believe in myself as an active person, I didn't BELIEVE deep down that I was a "runner". Since the marathon- despite my best efforts in scheduling runs, and signing up for another marathon- I have inadvertently sabotaged myself back to my base- running a few times a month.

It wasn't my fault- and it's not yours either! This is the biggest thing that most people miss. Your subconscious mind ultimately has the final say in everything we do.

But, don't worry it is not hopeless!

You CAN change your limiting beliefs and subconscious mind through the 3- Step process I am going to share with you down below.

Step 1: Identify

Before you change your limiting beliefs- you need to figure out what they are! I suggest starting with the limiting beliefs around your goal. For example using my own goal- some limiting beliefs are:

- 1.) January is a hard time to sell out an expensive program
- 2.) People aren't interested in Intuitive Eating
- 3.) I am not great at selling things

Step 2: Disprove

Now, you need to prove to yourself that they are NOT TRUE 100% of the time. Ask yourself, is this 100% true? And why isn't it?

- 1.) Many people receive money for Christmas or have budgeted and are fine come January.
- 2.) I have many people inquiring about IE.
- 3.) If I was bad at sales, my business would not be continuing to grow.

Step 3: Flip + Repeat

Now, FLIP these limiting beliefs into a positive affirmation you can use anytime you find yourself doubting yourself, or feel these coming up again.

- 1.) Those who need my program will find the money or use my payment plan!
- 2.) Intuitive Eating is helping women everywhere find happiness with food and their bodies.
- 3.) I am an authentic and genuine salesperson and delivering so much value.



Put these on post-it notes all over your house, write them out in your journal everyday, or write them on your bathroom mirror. KEEP REMINDING YOURSELF daily about these new thoughts you are creating in your mind! We want to completely erase that old, limiting belief and replace it with this new empowering one until it becomes your TRUTH!

Here is one more set of examples to help you through (you can use this process for ANYTHING).

Step 1: Identify

- 1.) I'm never consistent with workouts
- 2.) I always crave sugar and junk
- 3.) I have no time for fitness

Step 2: Disprove

- 1.) I have been able to stick to a schedule before, so I can do it again!
- 2.) I love certain healthy foods and also crave those as well.
- 3.) I am able to squeeze in time if I make it a priority.

Step 3: Flip + Repeat

- 1.) I am amazing at sticking to a schedule and love when I'm in a consistent routine.
- 2.) My body feels amazing with nutritious and delicious foods!
- 3.) I make exercise a priority, and schedule it in every single week!

Remember, these are your NEW beliefs. They don't need to be 100% true yet, but the more you can drill them into your subconscious- the faster they will become your new truth!



This process really truly works!!

I have used this from everything to changing my perception and views of my body and starting to LOVE it, to increasing my energy, to finding major confidence, to changing my money mindset, to building a business and more. I can tell you that EVERYTHING comes down to your beliefs.

If you believe you can, or you believe you can't- YOU ARE RIGHT.

You need to change it right down to those beliefs and the quickest way to do that is through that process above and staying vigilant on your thoughts!

So, what do you want to achieve? Who do you want to be?

Decide.

Believe.

Achieve.

PS. As of December 27th I accomplished my goal of raising the money I needed for the Bali Retreat and booked the last spot! It was one of the biggest goals I've ever set and if you need proof that this process works I hope I can be that for you!

Sample of your 31 Days

workout

Workout #123

Here you will find your workout of the day in written form, and the video linked when you click on "workout".

You can watch the video for explanations and modifications of the moves and do the entire workout with me, or just do it on your own! All workouts require zero equipment and are 20 minutes or less.

100 burpees
200 push ups
100 burpees
200 push ups
x10

(for example)

gratitude + act as if

This is a space to write out things you are grateful for.

GRATITUDE IS THE QUICKEST way to get into a high-vibe state and reach your goals with ease! The more you can be grateful, the more these amazing things will fall into your lap. It doesn't need to be big! For example:

- 1.) Morning coffee and journal time
- 2.) The pretty Christmas lights around me
- 3.) Cuddles with the cat
- 4.) Fresh sheets
- 5.) A new great book etc.

ACTING AS IF- is writing out your goals as if they have already happened and get **REALLY EXCITED** about them! This is an excellent way to get your subconscious working towards those goals.

For example:

"I just booked my flight to Bali and found an amazing deal for \$800! I can't wait to meet all the other women on the retreat. I paid for my ticket in full, which means I get to have a private coaching session with the leader! I am so amazed and excited that I made this happen!"

*This ended up happening shortly after I wrote this!

Everyday in this spot you can create whatever you desire. Act as if you excelled in that interview, or had an excellent day with your kids, or smashed your workout. Whatever is relevant to your day and on your mind is what you can write!

top 3 to-do's

What inspired action can you take to get you closer your goal?

Here I want you to write down your top 3 to-do's today that will help get you closer to your goal. They can be whatever you desire, but ensure they are achievable, and that you feel great while you do them! Inspired action means that it doesn't feel forced, or out of alignment. For example- It would feel forced for me to facebook message random people about my programs, but it feels inspired and good to provide value and let the right people come to me.

Using my goal as an example, some of my top 3 to-do's this month may have been:

- 1.) Record and post Dream Body Meditation for Vimeo/Facebook to provide content and value.
- 2.) Print Flyers for Body Mind + Soul
- 3.) Update website description for BMS.

Please, please do this **EVERY SINGLE DAY**. Even if you don't complete everything on your list- the act of thinking about it everyday, and taking those baby steps everyday will lead to miracles- **trust me!**

inspiration

Each day I'll provide a nugget of inspiration to get you started on the right foot. It might be an affirmation to repeat each day, a meditation, an inspiring quote, or a kick in the butt to get you moving!

I find when I am my most inspired through reading, or podcasts- I create the best content and I reach my goals quickly and easily. The more you can stay in that excited and creative state- the faster you can manifest the life of your dreams!

Tuesday January 1

workout

BRING IT ON NEW YEARS #226

45/15 intervals

Star Jump Burpees
Massive Climber Lift
Single Leg Push Up with Rotation
Skipping
Elevated Reverse Crunch
Bear Hold Glute Kickback

X 2

top 3 to-do's

What inspired action can you take to get you closer your goal?

gratitude + act as if

inspiration

I want you to keep this in mind as you move throughout your day today.

Every moment you have A CHOICE.

A choice to view things with happiness and gratitude, or fear and scarcity.

You get to choose your thoughts, your routines, your beliefs and therefore- your LIFE.

This is the most powerful and exciting part about being a living breathing human- we get to design our lives.

Every time you find yourself going into fear, anger or frustration, I want you to say to yourself "How can I be grateful for this and view this situation with love?"

It will change your entire day.
CHOOSE LOVE.



Wednesday January 2

workout

Cardio 20-45 minutes

Ask your body how it wants to move today. Does it want to hike, dance, spin, or swim? Choose what feels best for you today and go do it! It doesn't need to be cardio- just MOVE. It could be weights session, or a yoga class. Maybe it's a nice walk with your dog!

The whole point to finding a healthy, happy lifestyle is making it work for you.

Sure, schedules are great to get you moving and get you into a routine- but I want you to find your own intuitive way throughout this fitness journey. I find I do the best when I just go with what I feel that day- and sometimes it's a casual walk and sometimes it's hill sprints and really pushing myself!

top 3 to-do's

What inspired action can you take to get you closer your goal?

gratitude + act as if

inspiration

Take this as your sign to TAKE THAT LEAP.

Is there something that you would really like to do that you have been afraid to go for?

GO DO IT! I can tell you 100% that when you take that step and TRUST, the universe delivers. It has your back always, all the time and everything ALWAYS works out for the best.

So go take that trip. Call that person. Apply for that job. DO WHAT SCARES THE CRAP OUT OF YOU and you will be rewarded tenfold. The more you can stretch out of your comfort zone, the more you can then help others with the knowledge you've gained.

Everything happens for a reason, and **everything you desire is for a reason.**

workout

TRIPLE THREAT ARMS + ABS #221

30/10 intervals for all!

Circuit #1

- 1.) 1 Push Up x 6 Mountain Climbers
 - 2.) Triple Point Abs
 - 3.) Plank Shift + Plank Jack
- X 3

Circuit #2

- 1.) Knee Cross + Oblique Tap Alternating
 - 2.) Single Leg Bicycles
 - 3.) Other Side
- X 3

Circuit #3

- 1.) Shoulder Push Ups
 - 2.) Double Crunch
 - 3.) Pendulum Swing
- X 3

top 3 to-do's

What inspired action can you take to get you closer your goal?

gratitude + act as if

inspiration

Try this meditation to start your day out.

Find a quiet spot, where you will not be disturbed. You could play some calming music, or just allow the silence to relax you.

Take 6-8 deep breaths in, and release. With every release I want you to picture any tension melting out of your body. Every exhale causes your body to relax even deeper into the chair/ground/bed. Focus purely on your breath, and allowing your body to relax. The muscles in your face, shoulders, arms, legs- try and think of yourself as being completely melted into the chair.

First, I want to start rapidly listing things you are grateful for. Say thank you for my fingernails (seriously, start small) and anything you can think of off the top of your head. I usually go fingernails, hands, arms, hair, eyes, sense of smell, skin, legs, this home, my body... Literally anything and everything that comes to mind no matter how small and silly it may seem. Let that gratitude and appreciation wash over you and feel it in every part of your body, filling up your soul.

Then, I want you to visualize how your day is going to go. (Basically I want you to create it before it begins) Start with how you feel as you begin your morning routine, how does your body feel and look, what do you eat for breakfast? What are you going to wear? If you have a workout coming up- what do you do, and picture your body being filled with energy and joy that you are able to move like this! If you are going for a run- imagine feeling powerful and strong. Then as you enter your workday- imagine how you interact with clients? How does each part of your day FEEL? (Hint- you want to infuse it with as much bliss and joy as possible! How can you do that?) Imagine how your clients feel as they leave- or HOW did you add value to their lives today?

Imagine the end of the day and you interact with your kids. Imagine laughter and joy and fun. You can DECIDE that this is how today is going to go. This is all up to you, every single day you make this choice. If you can visualize this process from start to finish- you will be amazed at how the universe delivers your perfect day to you. Unexpected love and gratitude will be ambushing you at every turn.

As you get to the end of your day, and picture your head on your pillow, just imagine how grateful you are that you got to experience that day. You created that day and made it a reality.

I want you to repeat this as often as possible, and watch the amazing things start coming your way! Get as detailed as possible and follow any "nudges" or intuition that guides you that day. I know whenever I follow my nudges I experience something amazing!

Friday January 4

workout

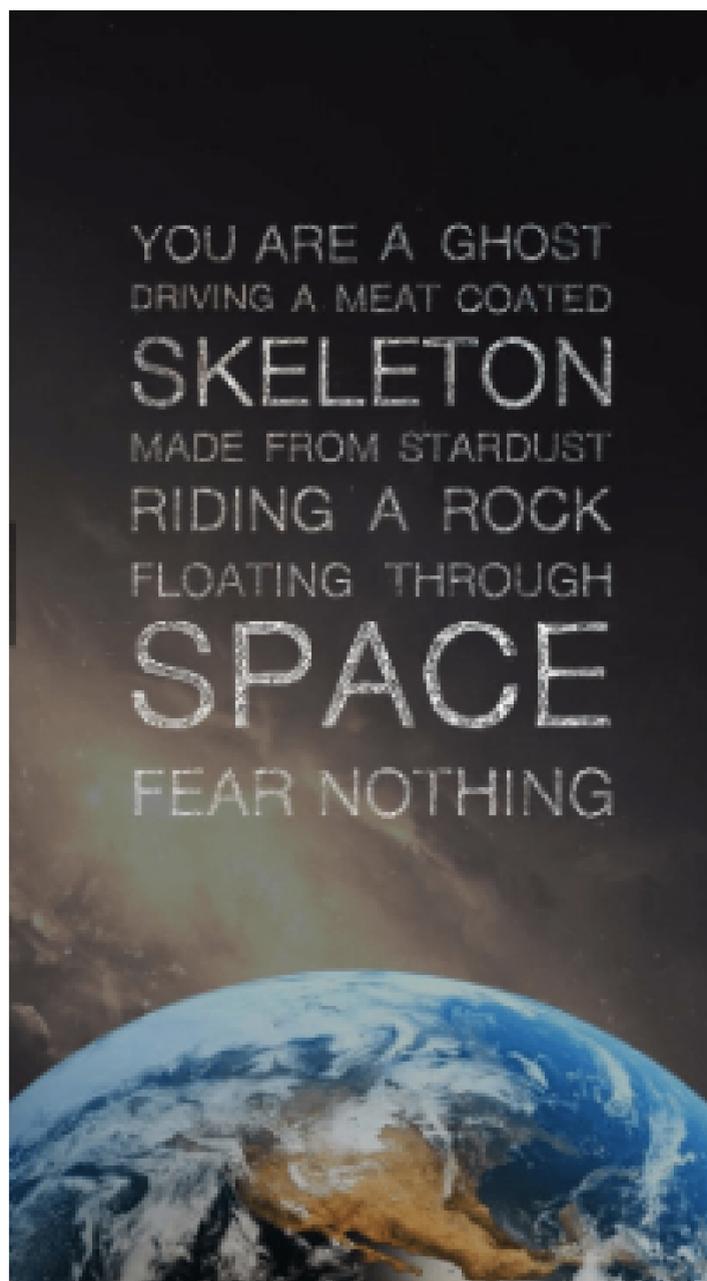
Cardio 20-45 minutes

top 3 to-do's

What inspired action can you take to get you closer your goal?

gratitude + act as if

inspiration



Seriously though. Fear nothing!

Saturday January 5

workout

Full Body Strength #219

40/10 x 3 sets each before moving on

Diver Sit Ups

Single Arm Plank (2 sec hold Alternating)

Bear Squat Leg Extension

Hollow Rock Abs

Massive Climbers

Penguins

Slow Breakdancers

top 3 to-do's

What inspired action can you take to get you closer your goal?

gratitude + act as if

inspiration

I AM A _____ MAGNET

Fill in the blank with your choice- money, happiness, brilliant ideas, high vibe friends, puppy, you get the picture.

Say it all day long.

Feel it, Believe it, Own It, Be It!

Sunday January 6

workout

Full Body Stretch #196

Get that full body relaxation on and release any tight muscles or knots! Really focus on breathing and allowing every muscle to release.

top 3 to-do's

What inspired action can you take to get you closer your goal?

gratitude + act as if

inspiration

Let go of Hustle, and Fall into FLOW.
When I learned this, at first I didn't think it was right and had a hard time convincing myself to give it a try!

I always thought the harder I pushed, and worked, and hustled, and exhausted myself- the more successful I would be.

I was missing the whole magic of flow. When you are in a flow state (feeling inspired, excited and working on something you love) it becomes easy. You bring the right people and opportunities into your life and you experience way more success than you ever thought possible.

Try spending the day today purely following your intuition and getting into flow. What do you feel like doing? What do you desire to focus on? What feels really freaking good? Go do it!

Somedays will feel more like sitting back and recharging, and some will feel really creative and on fire. Everything will get done in perfect timing Trust.

Monday January 7

workout

Full Body Trio #223

30 seconds on, 10 seconds rest

Deadlift Hop
Plank Pendulum
Bear Hold Superman
X 3

Squat Jacks Stay Low
Tricep Push Ups
Table Top Triple Crunch
X 3

Mountain Hoppers
Wall Sit Kick (Hold 2 sec each leg)
Triple V-Sit / Bicycles
X 3

top 3 to-do's

What inspired action can you take to get you closer your goal?

gratitude + act as if

inspiration

What if today were your last day on Earth?

What would you do, who would you see, how would you act?

Go about today as if this were true, because you NEVER KNOW. We need to live our days fuller and filled with more love!

Tuesday January 8

workout

Cardio 20-45 minutes!

top 3 to-do's

What inspired action can you take to get you closer your goal?

gratitude + act as if

inspiration

In every situation you find yourself in today, I want you to ask how you can be of value.

How can you help the people surrounding you? You don't need to go spending all your money but maybe a coffee to a stranger, or a huge smile and being thankful for someone in the customer service industry.

How can you bring light to someone's day and be more kind?

The more you do this, the more light and happiness will be reflected into your life! So just keep asking yourself, how can I make someone's day today?

Wednesday January 9

workout

Cardio Sweat EMOM #218

ODD Minutes:

15 Jump Squats

7 Burpees w/ push up

PLANK Remainder of minute

EVEN minutes:

HIGH KNEES

SKIPPING

X 7 rounds (14 minutes)

top 3 to-do's

What inspired action can you take to get you closer your goal?

gratitude + act as if

inspiration

Down below, write down your intention for the day ahead.

Do you intend to be focussed and productive on a project ? Or relaxed and at ease with friends?

What is the outcome of today and how can you set an intention within your mind to help yourself achieve that?

I typically set an intention to be intuitive and in flow depending on the day, but sometimes it's relaxed and spontaneous (not easy for me) or energetic and inspiring.

Whats your intention for today?

Thursday January 10

workout

Cardio 20-45 minutes

top 3 to-do's

What inspired action can you take to get you closer your goal?

gratitude + act as if

inspiration

VISUALIZE

I am such a fan of visualization! Anything I'm working on, I find it really inspiring to picture the final outcome. How does it look and feel when you arrive at any goal you've set?

Let's use your ideal fitness as an example. I want to you set aside 5-10 minutes to visualize EXACTLY how you look and feel at your ideal health. What workouts are doing? How do they feel? What food are you eating? How does your body look and feel? Are you running marathons or holding headstands? (Or both?)

Really get into that image of your ideal self. Think about how this person lives, and what she believes to be true in order to live this lifestyle. From there, it's as simple as living this way every single day and changing your beliefs to align with this person!

Try it out!

Friday January 11

workout

Leg Burn + Me Too Abs #220

Part 1:
20/10
Lunge with Pulse
Rocking Horse
Knee In
Jumps
Taps
Each Side

Try 2 Rounds of this leg burner for an extra challenge!

ME TOO ABS (Choreographed Ab Song)

top 3 to-do's

What inspired action can you take to get you closer your goal?

gratitude + act as if

inspiration

Today I want you to spend some time free writing. Set aside 5-15 minutes to just write. Don't worry about spelling, neatness, or what comes out. Just start and let whatever comes flow out through your pen.

I find this is one of the best way for me to receive ideas and inspiration and help me reach the goals I set forward! For example- during a free-writing exercise I came up with the idea of Body Mind + Soul which became my favourite program ever to run!

Whatever comes to mind, see if you can act on it and get you closer to creating that dream life. Or perhaps it will just a good release to let anything that is bothering you out!

Saturday January 12

workout

***HIIT SPRINTS! x 8**

Today is all about pushing your body in a form of HIIT (High Intensity Interval Training). You are going to go 30 seconds all out effort, followed by 30 seconds moderate recovery. You can do this anyway you desire, but the goal is to get your heart rate elevated to 80-90% of it's max and really push yourself! This is extremely effective for fat burning, increasing cardiovascular capacity and improving your fitness and maintaining lean muscle.

My favourite way to do this is either hill sprints (and just walk back down) or stair sprints- but you can do it on the elliptical, bicycle, battle ropes, skipping, high knees, you name it. If you need a low intensity version I would recommend the spin bike, or rowing machine, but if you are working out at home I would speed walk up hills, and walk back down.

top 3 to-do's

What inspired action can you take to get you closer your goal?

gratitude + act as if

inspiration

Make a list of all the activities that make you feel the happiest and most free. Those things that you could do forever; that revive you and make you feel at peace.

How can you schedule at least one of these in most of your days!?

Sunday January 13

workout

YOGA - [click here for link!](#)

top 3 to-do's

What inspired action can you take to get you closer your goal?

gratitude + act as if

inspiration

Today, as you move throughout your day, I want you to go as if success is inevitable. As if everything you could possibly want is coming to you right now in the most perfect timing that you can imagine.

How would that change your day? Would you take a few more leaps and risks? Would you try something different?

Go forth and KNOW all the way down to your soul that your success is inevitable, and it will be.

workout

10 x 1 HIIT #214

10 MINUTE WORKOUT- 1 min per move

- 1.) Burpees
- 2.) Squat Jacks
- 3.) Double Plank Jacks
- 4.) Pendulum Swings
- 5.) High Knees

REST- 30 sec

X 2

top 3 to-do's

What inspired action can you take to get you closer your goal?

gratitude + act as if

inspiration

DON'T NEGOTIATE WITH YOUR BRAIN

Tony Robbins said this at a seminar that I went to, and it totally stuck with me.

You know how you have that one part of your brain that says "I'm going to get up at 6am and head to a spin class!" and then when your alarm goes off there is that other part of your brain that says "Just stay in bed, I can workout later, I don't feel like it, I'm tired" etc.

STOP NEGOTIATING WITH YOUR BRAIN. When you set out to do something, make sure you are 100% serious about it and that you commit.

THEN DO IT!

Tuesday January 15

workout

Cardio 20-45 minutes!

top 3 to-do's

What inspired action can you take to get you closer your goal?

gratitude + act as if

inspiration

Intuition!

You know when you have those gut feelings that there is something you should do, or something that is just not quite right?

That is your intuition talking and it usually knows whats up.

Spend time following your intuition and seeing what happens! Check in with how you are feeling and PAY ATTENTION.

Are you getting an inkling to call a certain person, or go somewhere? Follow your gut and see where it takes you!

Wednesday January 16

workout

Bodyweight Back + Arm Burner #177

40/40 (rest only between sets)

Eccentric Lay Down Push Ups

Airplane Pulses

X 3

Plank Scapula Retractions

Swimmers

X 3

Behind Back Plank

Sea Turtles

X 3

Behind Back Holds

Elbow Ups

X 3

Reverse Snow Angels (palms down)

Downward Dog Scapular Press

X 3

top 3 to-do's

What inspired action can you take to get you closer your goal?

gratitude + act as if

inspiration

Set aside time to daydream.

One of my favourite past-times is just getting quiet, and dreaming. Dreaming up new goals, ideas, and possibilities.

Where do I want to go? Who do I want to be? The future is honestly limitless and I want you to know that deep down into your soul- you can do, have, be anything you desire.

All it takes a little dreaming to get to started. Then daily inspired action just like you are doing with this workbook, and the BELIEF that you will get there. That's it.

Keep on dreaming!

Thursday January 17

workout

Cardio 20-45 minutes

top 3 to-do's

What inspired action can you take to get you closer your goal?

gratitude + act as if

inspiration

Forgive.

Let go of any grudges you are holding and allow yourself to forgive. Forgive yourself for holding back, or making the wrong decision (there are no wrong decisions, everything happens for a reason).

Forgive others for any mistakes they may have made. We all make mistakes.

Take a huge sigh of relief as you allow all those little tiny weights that are holding you back, release with the power of forgiveness.

Feel how freeing that is? Breathe into it and continually forgive everyday. Don't hold onto the pain because it's only hurting YOU.

Friday January 18

workout

Lactic Acid Legs #224

Goblet Squat Twerk

Jump Squats

X 4

Pulse Lunge Hold R

Jump Lunges

X 4

Squat Stomp Jumps

Froggers w/ extra hop forward and back

X 4

Leg Raise Pulse

Bear Hold Fire Hydrant Kick

X 4

top 3 to-do's

What inspired action can you take to get you closer your goal?

gratitude + act as if

inspiration

Get on pinterest and create a virtual vision board.

Anything and everything you want - pin to you virtual board. Then make it into a screen-saver for your computer, your phone, print it out and put it somewhere visible.

Look at it every single day and FEEL what it would feel like to have/do/be all of those things.

Get into that vibration of having it all, because that is what is going to bring it to you! The more you realize you can feel all those feelings without even having the things- the less urgent they become and the more you can let go.

Surrender and enjoy the feeling of having it- so much so that it doesn't even make a difference anymore- and it will be.

Saturday January 19

workout

***HIIT SPRINTS! X 10**

10 Sets of killer 30 seconds on, 30 seconds rest.
PUSH IT HARD. Feel the burn, do the work!

top 3 to-do's

What inspired action can you take to get you closer your goal?

gratitude + act as if

inspiration

Discipline.

How do you feel when you think of that word? I used to feel fear and restriction.

Now I feel freedom.

Discipline means reaching goals that bring me happiness, discipline means sacrifices- but for the GOOD. Discipline leads to everything you want and more.

Change your views on discipline. Get out there and do what you set out to do. Use that discipline muscle and watch how it starts to slowly change your life.

Set a goal, be disciplined, take inspired action, repeat.

Sunday January 20

workout

YOGA- [Click here for the video!](#)

top 3 to-do's

What inspired action can you take to get you closer your goal?

gratitude + act as if

inspiration

What do you usually say following the words "I am?"
Write down everything below you say following the words "I am".

This is incredibly important because what follows those words creates your reality!

I have forbidden myself from saying "I am tired" because it only makes it worse!

What do you need to stop saying about yourself? You have the choice to change your language and change your entire life.

How about ...
I AM STRONG
I AM ENERGIZED
I AM PASSIONATE
I AM GRATEFUL

Monday January 21

workout

10 min Challenge EMOM #222

Every minute on the minute

4 shoulder taps

1 push up

1 knee tuck

Tuck jump

X 4

... x 10 minutes!

top 3 to-do's

What inspired action can you take to get you closer your goal?

gratitude + act as if

inspiration

You are 85 years old, sitting on a rocking chair looking back at your life. All the years from now until then you have already lived.

What kind of memories are you glad to have made?

What accomplishments are you most proud of?

What risks are you glad you took?

Tuesday January 22

workout

Cardio 20-45 minutes

top 3 to-do's

What inspired action can you take to get you closer your goal?

gratitude + act as if

inspiration

WHO is the best version of you?
What is that version of yourself like?
How can you work every single day to become her?

Write out below the BEST version of you:

Keep this version in your mind, and know that the fastest way to become her is to act as if you already are.

Wednesday January 23

workout

Arm + Hammer Abs #226

30/10 intervals for all

Circuit #1

- 1.) Push Up Hold Toe Tap
 - 2.) Elbow Up Knee Tuck
 - 3.) Flutter Kick Flip-Over
- X 3

Circuit #2

- 1.) Dive-bomber Push Up
 - 2.) Double Crunch Bicycle with Pulse ES
 - 3.) Wide Plank Hold (From Knees)
- X 3

Circuit #3

- 1.) Breakdancer Shoulder Push Up
 - 2.) Snow Angels
 - 3.) Reverse Snow Angels
- X 3

top 3 to-do's

What inspired action can you take to get you closer your goal?

gratitude + act as if

inspiration



DIFFICULT ROADS
OFTEN LEAD TO
BEAUTIFUL
DESTINATIONS.

Remember all the most difficult times in your life- and what did they lead to? What did you learn, or accomplish out of those difficult roads?

Keep this in mind the next time you face something difficult, it's only leading you to somewhere more beautiful.

Thursday January 24

workout

Cardio 20-45 minutes!

top 3 to-do's

What inspired action can you take to get you closer your goal?

gratitude + act as if

inspiration

What does success look like to you? Below, create your definition of success.

Friday January 25

workout

AMRAP Legs #108

AMRAP #1 (7 minutes)

15 Jump Squats
15 Squats
24 Walking Lunges
24 Sprinter Start

AMRAP #2 (7 minutes)

16 X-Jumps
10 Burpees
12 Froggers
10 Squat Stomps

top 3 to-do's

What inspired action can you take to get you closer your goal?

gratitude + act as if

inspiration

What is one of your most significant and cherished memories in your life? Why is it so significant?

Saturday January 26

workout

***HIIT SPRINTS! X 12**

12 Sets of killer 30 seconds on, 30 seconds rest.

PUSH IT HARD. Feel the burn, do the work!

top 3 to-do's

What inspired action can you take to get you closer your goal?

gratitude + act as if

inspiration

JUST

FUCKING

DO

IT

Sometimes, that's really all we need to hear, am I right?

Sunday January 27

workout

YOGA! [Click here for the link.](#)

top 3 to-do's

What inspired action can you take to get you closer your goal?

gratitude + act as if

inspiration

Put away your phone/digital devices as much as possible today.

What else can you do when you aren't glued to your phone, TV or Laptop?

Turn them all off- follow the urges- make some magic happen and be present!

How did your day change?

Monday January 28

workout

Full Body Upper Body Focus #27

Breakdancer Hip Drops
Diamond Sit Up Glute Bridge Lift
X 3

Goanna Push Up
Triple Point Abs
X 3

Plank Leg Swings
4 Mountain Climber + Jump Lunge Switch
X 3

Total Body Sit Up (switch halfway)
Russian Kicks
X 3

top 3 to-do's

What inspired action can you take to get you closer your goal?

gratitude + act as if

inspiration

You can't take of anyone, or anything if you don't take care of yourself.

How can you take better care of yourself today?

Tuesday January 29

workout

Cardio 20-45 minutes

top 3 to-do's

What inspired action can you take to get you closer your goal?

gratitude + act as if

inspiration

Find someone that inspires you. Soak up their vibes, message and knowledge.

What is it about them that inspires you specifically?

How can you decide to incorporate that aspect into your life and perhaps inspire others?

workout

Upper Body Burn #33

2 rounds of 50/10 intervals

Spider Push Up
Side Plank Dip + Knee Touch
Double Plank Jacks
In + Out Flutter Leg Drops
Plank Shift Hold + Leg Raise
Single Bicycle
Other Side
Regular S L O W
Tricep Push Ups

top 3 to-do's

What inspired action can you take to get you closer your goal?

gratitude + act as if

inspiration

This is everything. The only way you can ever possibly fail is if you stop believing and stop persisting! Never stop believing!

Believe
in yourself
— & —
you will be
Unstoppable

Thursday January 31

workout

Cardio 20-45 minutes!

top 3 to-do's

What inspired action can you take to get you closer your goal?

gratitude + act as if

inspiration

Time to reflect!

What was that goal you set 31 days ago?

Did you achieve it?

Guess what. Whether you did or you didn't is irrelevant. If you didn't - you don't stop here. You keep on going until you get there.

Keep believing. Keep taking action. Keep moving forward every single day.

If you did achieve it- it's time for the next goal!

This is how you continue to pave your way to success. One goal at a time, just keep going. Enjoy the process, enjoy the journey. Soak up those "it is already happening/coming no matter what " vibes. Feel the feeling of checking that goal off.

REMEMBER: The only way it will not come true is if you stop!

So, what's next for you?