

# Victory

A black and white photograph of a person running up a wide set of stone steps. The person is seen from behind, wearing a light-colored t-shirt and dark leggings with a white stripe down the side. Their right arm is extended back, and their left leg is pushing off. The steps lead up to a bright, hazy horizon where the sun is low, creating a silhouette effect. The entire image is framed by a leopard print border.

Many times,  
the hardest-won  
victory is  
the sweetest.

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# Holistic Fitness

Mind and body work together to create a life of good health. When your brain or your body is under too much pressure, the other is forced to overcompensate, depleting resources and making it hard for you to get (or stay) healthy.

Fitness, therefore includes physical, as well as mental health. Unless we are enrolled in a course or training program, most of us don't often give much thought to improving our minds. But our brains are the center of both our emotional and mental fitness.

## Right-sizing Fitness Goals

Chances are good you've already got some kind of fitness or self-care goal for the next 12 months. Our culture has conditioned us to feel at least somewhat self-conscious enough about our bodies to want to do *something* to fix or maintain what we've got going on. I won't say much about that except that it's important to make sure you've right-sized that goal, in light of the other goals you want to accomplish in the next year. Without an intensive plan in place, it's almost impossible to achieve something like a 100 pound weight loss in a single year – especially if you've got other key area goals you're working toward. Make sure you're setting DUMB goals (and focus on the believe-ability factor).

## Two Kinds of Stress

Eustress & Distress are two sides of the same coin. The biggest difference between them is how our mind perceives them. Eustress (the "good" stress) triggers a sense of satisfaction, completion, and/or excitement (positive, empowering emotions), while Distress triggers the all-too-familiar emotions of frustration, worry, anxiety, and other disempowering, "negative" emotions.

If the only difference between them is how we respond to them, it's important to keep our brains healthy, nourished and informed, so that the stories of our brains are as accurate and empowering as possible.

## The Strongest Energy Wins

As you'll see more clearly in our next lesson, our mind controls much of how we show up in the world. Our energy can be impacted by many different influences in the world. That's why it's important to develop an awareness of your energy, and how the people and circumstances of your life are impacting you.

Toxic relationships can wreak havoc on your energy levels – emotional "vampires" can suck the life right out of you, for example. That's why setting and maintaining healthy boundaries is an important part of reclaiming your energetic power and practicing energetic hygiene.

Clear your space, monitor your energy levels, and make course corrections throughout the year as you develop even more awareness about your energy levels. When you see someone or something impacting the trajectory of your energy in a way that displeases you, make a note to hold your ground.

Our thoughts affect our energy, our emotions, and ultimately the actions we choose to take (or not take) toward success. This impacts our results. This is why I say the planning you do today leads to tomorrow's success.



## *Brainstorming Fitness*

As I look at the other goals I've already determined for the next 12 months, these are the physical fitness goals I believe are doable and meaningful for me this year:

These are the ideas I'd like to consider for my mental fitness over the next year:

## *Pick Two*

Select one PHYSICAL and one MENTAL fitness goal for the next 12 months.

What one shift in each area would give you the most cause for celebration?

How would you feel if you could see those shifts in your life?

How would you benefit from these shifts?

What would you miss out on if you didn't make these shifts?