

Russell Fitness Habit Change Action Pack Week 5

Task 1

Commit to less time on social media

Delete the apps from your phone and commit to only going on them on your computer, this is a very easy way to limit time on there. Unless your business runs via social media, or you have friends or family who are only contactable via these means, its a good idea to get some separation from the scrolling and screen time.

If you can't delete the apps, or simply don't want to, then make a list of things that you see that you find interesting and begin to separate them into 4 categories

1. Funny posts that you appreciate
2. Inspirational posts that you appreciate but don't want to emulate
3. Motivational posts that make you get up and do something
4. Junk posts that add no value to my life

Consider filtering all else out of your news feeds so that you are choosing what you want to be seeing, and within your power ensuring that the channels that you are tuning into ARE full of things that are going to help you on this journey!

Task 2

Do something that takes you out of your comfort zone

Some ideas for you to get started:

1. Go to the supermarket instead of shopping online and take responsibility for your food choices, see the things that you are choosing to put into your trolley
2. Walk into a new class, meeting or fitness environment and just have a look around and see what might tickle your fancy later down the line when you might be ready to consider some exercise
3. Look into the mirror and repeat 'I am worthy, I am beautiful, I can do this, I will be responsible for my health'

Whatever it is that you choose to do, it will feel uncomfortable, you will feel unsure but it is the only way to start testing your boundaries and breaking free of that comfort zone where NOTHING is happening for you!

Task 3

Build your confidence

Becoming a member of RF online could help you through the tough times of changing and breaking free of your old habits.

We have a daily accountability post where we log our 'wins', which is targeted toward building and maintaining confidence. When we build our confidence, our choices become easier and our challenges seem less intimidating.

Our 'daily wins' log has become very popular amongst our members for allowing them to take credit for their positive choices and actions throughout the day and it provides them with a ream of evidence over the weeks and months of logging that they are doing the good stuff. Sometimes we need that reminder that we are on the right path, even though it sometimes feels like we are deviating!

You can get support, more accountability, online workouts, video coaching, recipes and all of your questions answered so that you can keep the consistency and motivation that you need to strive toward your results.

You can become a member by following this link:

<https://www.rossellfitness.co.uk/product/online-membership/>

SPECIAL INTRODUCTORY OFFER: If you sign up today, you will be able to become a member for just £1 for your first month. Each month thereafter will be £9.99.