

# The Mindset Behind Getting Into Awesome Shape

## BOOTCAMP

...It's Not About Being Perfect

### Week 8: Lesson 1



## Getting Enough Sleep

Sufficient muscle recovery is super important when it comes to supporting your efforts for sexy lean muscle.

8 hours sleep if you can is great.

Walking around like a zombie isn't good for your your efforts to get into shape. You can't get quality workouts in when you're exhausted all the time.

For your own sanity, your muscle recovery, your business and for everyone else around you, get some sleep! 😊



## **What if I Can't Get into Shape Because I'm Injured?**

Go see your doctor and ask them to refer you to a physio who specializes in the injuries you have.

## **What If I Used To Be In Shape? Can I Go Back To Advanced Training?**

No, not straight away. Use a more beginners style program, ease your way into training again. Safety and quality always need to come first.



## Should I Train On Treat days?

Yes!

That doesn't give you green light to eat crap every day and think that you can burn it all off with exercise. You simply can't out-train a bad diet.

On treat days I recommend, depending on your fitness level, a higher intensity full body circuit on those days.





## **Keeping On Track With Your Workout...**

How often do you start a new workout program and then start panicking after 7 days that you're not seeing the miraculous results that you dreamed about having?

I want you to start thinking about the things you said to yourself at that time. What did you tell yourself? How did you feel?





Realistically you know, that you're not going to look like a supermodel in seven days. So why are you purposely trying to scam yourself?

It's not a fad, you deserve better than a stupid quick fix fad. Don't devalue yourself.

This is an inspiring, exciting, amazing gift you're giving to yourself and those around you who love, respect you and support you...





Pull out all the stops, giving it everything you've got!

Surround yourself with people that are succeeding at getting into great shape. So they can support and encourage you.



This isn't about forcing yourself to be perfect, it's about staying committed, pulling yourself through the tough times and being consistent.

Be open about your struggles, so that you can move through them.

If you really want to make this happen, and make it easier on yourself, start setting yourself up for it to be successful.

It's not about  
being perfect...





Don't lose sight of your goals...



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## ACTION STEP

**Head on over to the Private Facebook Group and share your top 10 points from today's lesson that you want to apply to your "getting into awesome shape" lifestyle...**

Then share it in the Bootcamp Private Facebook Group...

