

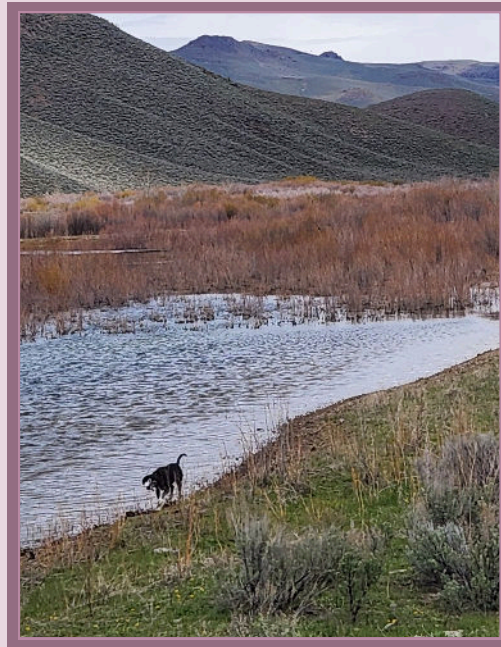


Guide 2
Making
exercise a
HABIT!

DESIGN YOUR EXERCISE PROGRAM

Making it a Habit

ANGELA FREEBIRD - HABIT STRATEGIST



HELLOOOOO!

ANGELA FREEBIRD, HABIT STRATEGIST (w/Lucky the hound)

In my 25 years as a personal trainer running my boutique strength training gym and working with hundreds of humans who wanted to get stronger, one baffling thing continued to come up... again and again.

My clients would say, "I am committed to getting stronger, losing weight and getting healthier!" (multiple exclamation points) and then they would do things completely contrary to that statement.

Even more distressing, So. Would. I. (oh my!)

I became obsessed with solving this strange paradox of WHY OH WHY don't we do what we say we want to do and in my obsession lead me into becoming a habit expert.

This Guide is the SHORT version of how to make your new exercise program a habit.

STEP ONE

Start Smaller

STEP TWO

Create a Strategy

STEP THREE

Continue to Restart





→ **WHERE TO START?**

HOW TO MAKE EXERCISE A HABIT

Whew. Here we are. You have picked an exercise you want to add consistently into your life. (If you need help with this, please see Guide One)

NOW. How can you possibly remember/get yourself to DO. IT?

That's the million trillion dollar question.

And there is a solution.

No matter how many times you have tried, started and stopped, I promise, there is a solution.

And my 25 years of experience educated guess it, it just needs to be uniquely tailored TO YOU.

Know You. = Know how to get You to Exercise



Step 01.



START SMALLER

01.

Habit Experts agree that the biggest stumbling block for creating new habits is making the change too big.

Dan & Chip Heath in their brilliant book, *Switch*, call it **SHRINK THE CHANGE**.

Let's get down to **SHRINKING** your exercise habit into a doable starting point.

The SHRINK IS ON - THE BULLETS

- Let go of a timed outcome. Slow the FUCK down.
- Inventory time and energy and make swaps
- Know yourself. I underestimate how long things take in a very significant way. How are you with accurate time estimations?
- Find the point between ho-hum and holy shit. Looking for, whoa, this is exciting and fun.
- Set up Small Wins and Celebrate them!



LET GO OF A TIMED OUTCOME. SLOW THE FUCK DOWN.

Uh, excuse me... the language Freebird. I know. Sorry, but not really. It's time people. We have got to find another gear other than go BIG / collapse / go BIG / collapse or the other gear of Quick. Quick. Quick.

Preaching from my glass house over here. This is a BIG one for me... STILL and I've been working on it for years.

Here's the deal.

Do. Not. Attach. A. Big. Time. Outcome. To. Your. New. Exercise. Program. It will strangle it.

Just say NO NO NO to lose X amount of lbs by X date.

It makes the change too drastic and we humans do not do well with self-imposed drastic change. We quit.

We don't like non-self-imposed drastic change however we are usually stuck with that and we suffer before we finally adapt.

Slow Is Real.

Whatever your goal or timeline, cut it down and double the time and do half as much.

I'm serious. You want success? Slow everything down.

INVENTORY TIME AND ENERGY AND MAKE SWAPS

One thing I learned,
at least intellectually as I do still fall down on this myself,
while in 12-step program was that

IF
you are putting something
NEW
in the schedule,
it was important to take something else out.
Huh. Oh. Dang it.

It's easy to say, well, that's easy. Less TV. Less Social Media.
And True, less of both is most likely possible.

HOWEVER

The TV or the social or whatever else you are "wasting" your
time on is more likely than not,

A REST.

Not a high quality rest because we are not really taught to
do that but a mini collapsed rest because we haven't
rested all day.

SO before you can remove the only downtime you have
and shove in another "go" activity (your exercise program)
it's helpful to look at your time inventory and see if you can
cut anything else out.

KNOW YOURSELF.

Astrology is my Go-To tool for this because everyone's birth chart is so unique- like a fingerprint.

If you are a human with a strong Mars as your chart ruler, you might enjoy a harder bigger start to your new exercise program than someone who has a Venus chart ruler down in the house of creativity. You learn so much about what motivates you and how you take action with your personal chart.

[Click HERE](#) for a mini chart reading with me if you would like to see how very magical this really is.

Other ways to know yourself:

- Use an Enneagram book - this is also quite a complex way to discover some of the key motivators in your system.
- Self Inquiry though journaling and meditation (this isn't enough support for me however I think there are folks out there that feel this is enough)
- Work with a processor of some sort. A coach or a therapist or even someone more alternative like a channeler, intuitive or tarot expert can help you on your journey of self discovery.
- There are tons of self-help books.

You will have your own way of getting yourself to do new healthy habits and the more you understand YOU, the easier it will be.

NOT HO-HUM AND NOT HOLY SHIT. FIND THE MIDDLE

Goldilocks principle here.

Too little.

It will not catch your attention or provide enough positive change to stay the course.

Too much.

Overwhelm is a thing that will stop a change dead in it's tracks.

Just Right =

- You are excited.
- You feel the 'right' amount of challenge (see Know Yourself above!!)
- You can feel small shifts because you are noticing (actively looking for!!) small changes (see below about small wins)

SET UP SMALL WINS AND CELEBRATE THEM!

We humans LOVE to win.

We LOVE to be right.

We absolutely adore being successful.



One solid way to start shrinking the change is to look for ways to set up small victories.

For Example: If you are shrinking the beginning of your exercise program from five days a week to a more manageable three days a week then either at the end of the week or even after each day of exercise find a way to celebrate it.

- Gold star on the calendar.
- Bragging to your supportive partner, friend or neighbor who has agreed to cheerlead for you.
- A post on social media (omg.. this is not for me however I have seen it work for other people)
- A Fist Pump to yourself with a bonus time to do something you love (sit on the couch with a book or your hound)

You can also set it up as a game for yourself and when you get 10 gold stars, you win a new pair of workout shoes or some such thing.

Figure out how to make it FUN and a GAME by setting small wins out in front of yourself.



02.

Step 02.



**CREATE A
STRATEGY**

New habits, especially healthy ones, rarely stick without a solid plan.

Let's get you one of those!

A PLAN. #PLANNINGISLIFE



Changing habits like starting a new exercise program means you'll be doing less of something else, maybe less social media or less couch time or less work. Maybe your coffee date with your friend turns into a walking date.

Somehow there will be an exchange of how you are spending your time now, and how you'll be spending it differently when you are adding in exercising.

THIS IS ALL DOABLE. ABSOLUTELY.



Before you create a Strategy, your new brilliant plan:

Try this on for size:

Consider it

- an experiment
- a game
- a trial
- a puzzle to figure out

It is absolutely reasonable to assume that your brilliant strategy will need some tweaking

It is possible you'll need to create a Plan B. And maybe a Plan C. And maybe all the way to M.

Make that OKAY!!

DO. NOT. ALLOW. “FAILING” TO BE THE OUTCOME.

Simply say, hum, that didn't work,

Ask yourself:

how can I tweak the strategy?

Then get more creative.

Or

enlist some help

Don't Quit. And Don't Try Harder. Try Different!!

It is super okay to not get it right on the first of many tries

Grab a notebook and I've got ideas for you to create a starter strategy coming in the next pages..



STRATEGY STARTING GUIDELINES

1. Time check

What time will you be exercising?

Will it be first thing in the morning?

Right after dropping off the kiddo at school?

Right after work?

During your lunch?

It is reasonable to consider that you might need to try some different times.

AND if your schedule is anything like mine, it's different all the time. I'll usually schedule it in at the beginning of the week BEFORE everything else crowds in. It's on my calendar so it's like every other appointment that makes it to that point. It's important.

Again, this is an experiment. You might find that 6 am wake up call is NOT for you and start going after work or vice versa.



STRATEGY STARTING GUIDELINES

2. THE CUE! (or the trigger)

What will you set in place so you remember that you are committed to exercising at the time?

- An alarm on your phone? Maybe with the Eye of the Tiger blaring from the speaker?
- That time highlighted and reserved on your calendar? As mentioned, this is helpful for me.
- Your workout shoes at the front door?
- A friend meeting you?
- A note on your door as you leave the house? or on your car's rear view window? #loveastickynote

REMINDER:

We are playing the game of
HOW CAN WE REMIND YOU OF WHAT YOU WANT TO DO??

If you find that none of the cues are working, then time to see if the change is too overwhelming or not enough emotional charge to it.

Try not to assume it's just because you don't have what it takes. You do.

Just keep **tweaking** the strategy until it clicks.

STRATEGY STARTING GUIDELINES

3. What will you do when you miss a session?

Will you try to get in another time or wait until the next day?

If you miss a few, are you willing to put a time (in advance) on your calendar to sit and evaluate your strategy?

NEW HABITS TAKE EFFORT TO MAKE THEM INTO, WELL, HABITS.

AUTOMATION TAKES SOME TIME AND TWEAKING TO GET IT STEADY.

What can you do so support yourself WHEN you miss a session?

SHORT STORY HERE

In 12-step program, there is a paragraph about continuing to take personal inventory

(it's a key piece of staying the course of recovery- inside examination daily of how you are doing).

The paragraph uses the the word, **WHEN**.

When you fall down, do this.

When you make a mistake, do this.

It does NOT say, IF.

It says **WHEN**.

Because we are never going to be perfect.

WHEN you miss a session...

what can you do to support yourself getting back to it?



HOW I SUPPORT MYSELF GETTING BACK TO IT:

This is my list and meant to inspire you creating your list (which might be similar or very very different):

- I have coaching appointments set up. I have accountability with four different coaches right now and yes, that's a lot. And yes, I love it.
- I have a couple of solid friends that I check in with. One in particular solid remote friend in particular. We use a cool app called Voxer and send messages to each other. It's magic.
- I have notes everywhere. My kitchen, my truck (big red), my screen saver, my phone. I set a note on my alarm when I wake up that says anywhere from "You've got this" to "You Rock" to "Hang in there" to "Easy Does It"
- I draw my tarot cards for inspiration and they sit out on my desk to remind me to draw them
- I have vision boards.
- I have audible books (so so many) that inspire me to get back on my desired track.
- I throw money at it. I invest in classes or buy new gear or do something that makes me feel invested.

YOU CAN DO THIS. MAKE YOUR OWN LIST.

STRATEGY STARTING GUIDELINES

4. Consider how YOU work with scheduling.

Can you build in flexibility?

Do you need it?

Or are you someone who likes more structure?

As mentioned, I don't work well with a solid structure as every week is quite different however within the week, I do like to have a plan.

That's me.

Some people LOVE a rigid: I GO TO THE GYM at 6 am.

Great.

Some people wing it.

Great.

My guess is if you are reading this you are somewhere in the middle and need to find YOUR planning sweet spot.

Be intentional about experimenting with where you are on this spectrum of flexibility and adjust and plan (don't plan) accordingly.



STRATEGY STARTING GUIDELINES

5. How long will you set as the goal to try out the strategy?

All new behaviors are at least slightly uncomfortable at first requiring some effort before they become solid habits so before you go back and tweak your strategy, how long do you feel you can try it out before evaluating?

Just like starting a new job, there's usually a time period for adjustment before there's the evaluation.

There is not right timeline so just give it your best guess.

I would recommend putting the Revamp, Renew, Re-evaluate on your calendar though so you don't pop your head up from your busy life in three months with the palm to forehead, "oh that's right, I was going to exercise."





Step 03.

→ **CONTINUE TO RESTART**

Review

Renew.

Refresh.

Re-evaluate.

RESTART until it is a habit.

MIRACLE STORY

The Disney movie, *Miracle*, starring Kurt Russell and a LOT of cute boys, is the story of the underdog USA hockey team in the 1980 Olympics.

Seriously one of my favorite movies for so many reasons so if you like a good underdog story, check it out. One of the best scenes, Kurt Russell, the coach, is pissed. I mean, he is NOT happy with his team's lack of focus in a key preparatory game.

He says to the assistant coach at the end of the hockey game, "Get a Whistle". Then hurds the boys back on the ice and has them skate lines. It's a drill that basically gets your heart rate up and gets you in shape and NOT something any human wants to be doing at the end of a game.

As they are sweating (and now FOCUSED), Kurt calls over to the assistant coach with the whistle, AGAIN. The boys finish the set. AGAIN. The boys get back to the line. AGAIN.

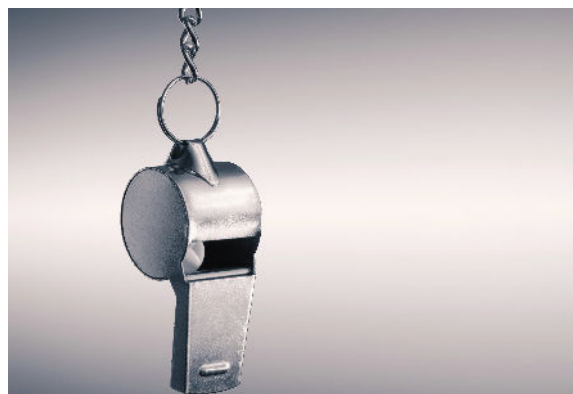
It's so CRAZY and inspired. It changes them. They reach a level they did not know they could reach because AGAIN and AGAIN and AGAIN they start the interval set.

This is the energy you need to channel to continue with your new exercise habit.

START. AGAIN.

START AGAIN.

START AGAIN.



RESTART

TO BE CRYSTAL CLEAR

When I say RESTART AGAIN, I do not mean try harder at least not just try harder.

RESTART with a tweak.

Change up the strategy.

Try something else.

Enlist some help.

TO REPEAT MYSELF:

RESTARTING doesn't mean backing up and doing the same strategy harder.

It means backing up, looking around, taking inventory, "let's see this works, this doesn't, how can I add more support?" type of inventory, and starting again.

Get so fired up and excited about making this change that you just will not quit until you have what you want.

This is how you start new habits.



There are more guides and resources at
www.angelafreebird.com



And



If you would like some help with ONE new habit including a solid strategy to embody that habit with a zoom session live with me

AND

follow up for the rest of the month through Voxer (a super handy easy app to message back and forth).

THEN

CHECK OUT MY

TINY & MIGHTY HABIT KICKSTART

It's a lot of coaching -priced for an EASY yes!

★ [MORE INFO ON THE TINY & MIGHTY](#) ★