

# 2021 FITNESS PLANNING PARTY



## Day 3 Journaling Prompts

Your training should not look the same 365 days of the year. Brainstorm some potential mantras or affirmations that can help you maintain the right headspace about this in the moment. For example: "I am deserving of rest," "I welcome both the hustle and the flow," "I respect my body and mind by honoring the season I am in."

For each of the 3 seasons listed below, write out any considerations that come to mind that should be factored in to your training approach.

- CALENDAR:
- WORK:
- PERSONAL:

Now look at the goals that you identified on day 2 as being really exciting for you. When you consider the seasonal implications above, what parts of the year make the most sense for you to tackle different goals? When makes more sense to #MeetTheMinimum? When and how will you deload, whether shorter or more extended? Do not let plug and playing become a stressor – it does not have to be mapped out to a T!

What questions come up for you as you start to plug and play your organized training cycles?

**BONUS:** Who is an athlete that inspires you? How can you channel his or her inner badass as you start adopting an athlete's mindset?