

RESOLUTION TO ROAR

ALL YOU NEED IS A NEW PERSPECTIVE

NEW YEAR'S RESOLUTIONS ARE PREDICATED ON THE ASSUMPTION THAT WE ARE FLAWED AND NEED FIXING. EFF THAT NONSENSE. AT FITNESS PROTECTION, WE SPEND THE WEEK BETWEEN CHRISTMAS AND NEW YEAR CELEBRATING WHAT WE DID WELL AND WANT MOAR OF, THEN ROAR ALL THE WAY INTO THE NEW YEAR WITH CONFIDENCE.

YOU ARE
FANTASTIC.

1

Most New Year's resolutions are lists of things we don't like about ourselves, things we want to change. Go ahead and make your list; a lifetime of conditioning won't disappear overnight.

THE ONLY
JUDGE WHO
MATTERS
IS YOU.

2

Look at your list and ask yourself what will improve once you've checked every box.

- What is your end game?
- Who gets to decide if you are winning or losing?
- Does this list empower you?
- Does it make you feel good or does it feel like you're giving the 'right' answers?

WHAT DO
YOU
WANNADO?

3

Life is short and time is precious. What do you really want to spend your free time doing? A different way to look at it is, How do we create time and space for self-care? We can justify time to ourselves without having to chase BIG GOALS.

IF IT MATTERS
TO YOU, IT
MATTERS.
PERIOD.

4

We will never tell you what to feel or how to deal. We want the best for you, and that means making sure you aren't setting yourself up to feel like a failure on January 10 or any day thereafter.

EFFORT
DESERVES
AN "A"

5

Take a look at what you did in 2019, what made you feel good. Celebrate the things you did well, and make lists of things you want to keep doing in 2020. Those are your ROARS, and we will celebrate them all year long. No guilt. No shame, No wagons to stay on. Who has wagons in 2020 anyway?



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