



## Pillar #4: Priority & Disciplined Action

### Action Assignment

In this pillar you learned that the most important part of your health and fitness journey is practicing self-integrity. You also saw how self-integrity plays into the 1-year “spectrum of change” and if you can stay strong for at least a year your chances of relapsing into old habits go significantly down. You also learned the basics of reprogramming your subconscious mind so that you are acting on empowering beliefs rather than disempowering beliefs.

Below are your action assignments for this pillar:

**Part I:** Make a firm commitment to yourself for ONE YEAR that you will incorporate new lifestyle habits one by one that you are learning here in this course NO MATTER WHAT!

**Part II:** Identify your top 3 limiting beliefs that prevent you from consistently exercising and eating healthy

-Come up with concurrently affirmative beliefs and commit to affirm them at least twice daily and more if necessary.

For example, if you have a firm belief that you don't have time for exercise, nutrition, or self-care in general you could come up with the affirmation, “I value my health and make time for it”. The sky is the limit here, it just comes down to what you feel in your gut and what affirmations inspire you.

-Commit to affirmations for at least one month and/or until they feel natural and you see them manifest in your life.

-Then move on to your next 3 beliefs and make this an ongoing process until you have changed your lifestyle permanently and it does not feel like work anymore.