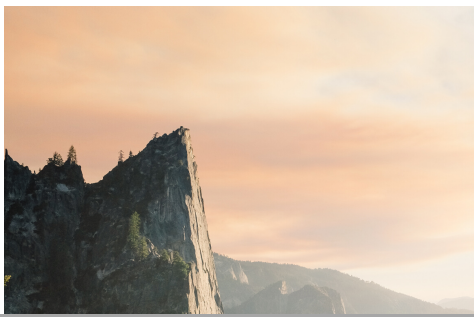


Resolution Revolution

40 DAYS TO CHANGE
YOUR LIFE

TAFFY HAWKINS





Resolution Revolution

DAY 1

The purpose of this program is to provide a 5 day challenge as a glimpse into the Resolution Revolution book to help you to transform their mind, body and spirit to become your best self. Each day will have a personal development lesson, a devotional and a daily workout. Give it a try for 5 days!

Daily devotional

I want to focus now on the component which I feel is the most important: spiritual. I believe this because if your spiritual life is out of whack all other things will be more difficult, less rewarding and, in general, just feel out of step.

Dear Lord,

Thank you for this beautiful day and this great group of people. Your word gives us hope and Your strength is made perfect in our weakness. There will be challenges this week. Please give us the strength to persevere when the going gets tough. Keep our eyes on the prize and fixed on You. Draw us closer to You and each other as we embark on 40 days that will change our lives. We are so grateful for this opportunity! We love you and thank You. In Your holy name we pray, Amen.

Exercise

Fitness testing:

This consists of an easy fitness test to determine your fitness level at the start. You will begin by measuring your heart rate for 15 seconds (on neck or on side of wrist) and then multiplying by 4 to get beats per min. If you wear a device like a Fitbit, it gives you BPM already. When you have counted your heart rate, begin walking or running for one mile. You can run, walk, skip, etc....just make it one mile. Record your time in minutes and seconds then count heart rate again for 15 seconds and multiply by 4.

Beginning heart rate:

One mile walk time: min sec

Ending heart rate

Pushups per min

Crunches per min

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DAY 1

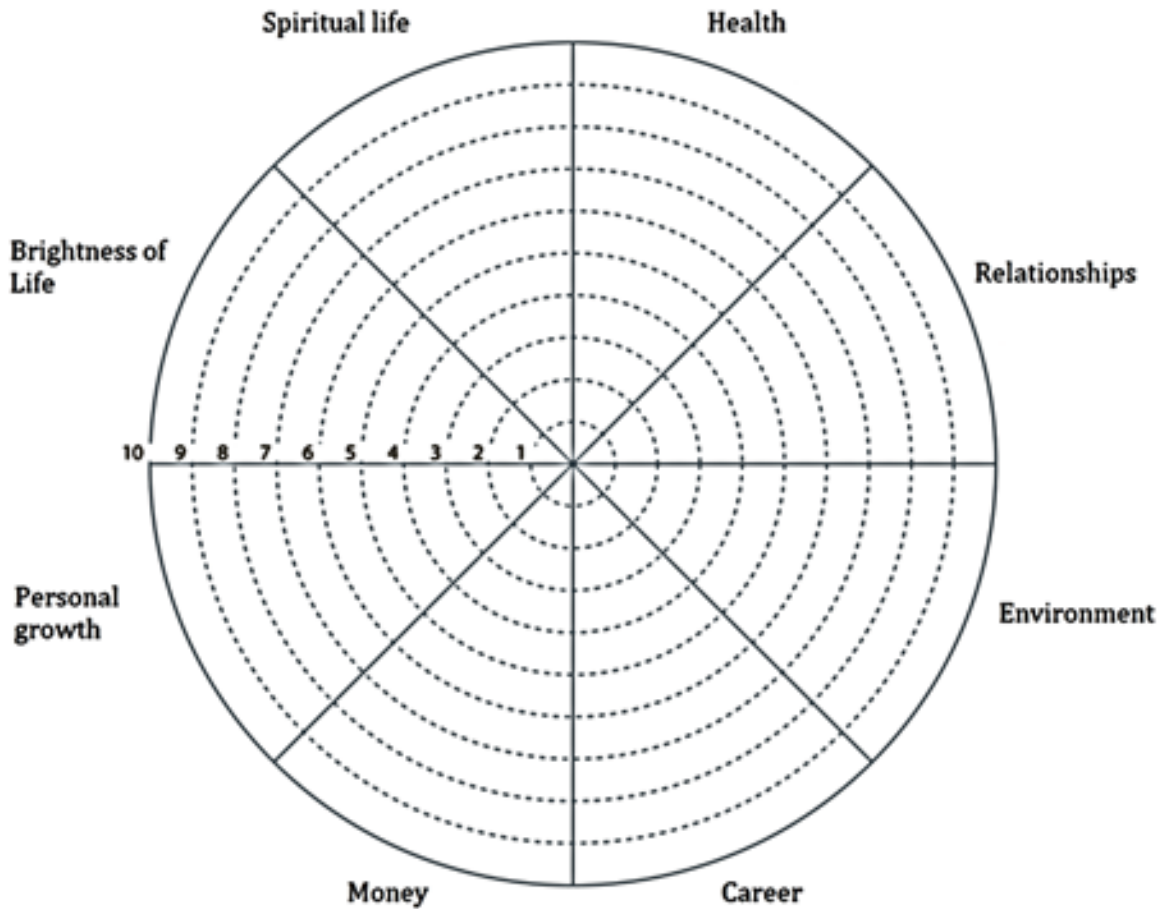
Personal development:

I will ask that every single day you commit to reading ten pages of personal development. It could be an article or ten pages of a book. I will post the book that I am reading in the private group if you would like to read along. This is just an additional way to make the most of these 40 days together! We will also complete the Wheel of Life. The way that the Wheel of Life works is to self-assess your satisfaction in each of the areas on the wheel. The area closest to the bullseye is 1 and the biggest ring is 10. 10 represents the greatest amount of satisfaction while 1 represents the least amount of satisfaction. Take a moment and complete the wheel for yourself. You may already have seen this exercise elsewhere or have completed it in the past. I urge you to complete it as you feel today and not to take anyone's opinion into consideration. If you know that you are a little heavier right now than you should be, but it doesn't bother you, you are not required to be dissatisfied with your body! If you have felt pressured to go back to school or get another job but you feel perfectly happy with being a butterfly midwife or a part-time clown at birthday parties, then you do your thing! Do not let any opinion other than your own dictate your satisfaction in life!

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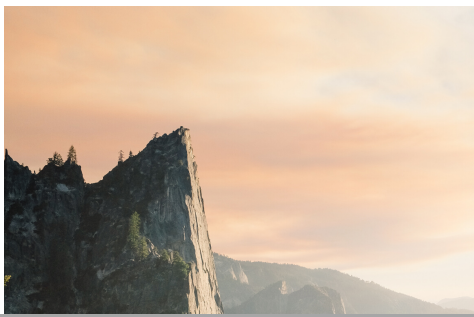
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DAY 1



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See you on Day 2!



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DAY 2

Daily devotional

Each morning begin your day praying for strength and wisdom to complete this journey. I cannot emphasize enough the power of prayer and this is our first lesson for the week. I want to encourage you to keep a prayer journal. Write down your prayers, struggles, how you felt and the date. When the prayer is answered, come back and write how as well as the date. You will want to refer to these promises and fulfillment when your faith begins to waiver in times of personal storm. Use this journal as proof of answered prayers and promises kept! So, our first lesson is the Serenity Prayer which is my personal favorite. I even have a necklace with the prayer to remind me: Lord, grant me the serenity to accept the things I cannot change, the courage to change the things that I can and the wisdom to know the difference. Try to watch War Room and keep a prayer journal.

Exercise

It is difficult to have a beautiful, fulfilling life if you do not take care of your physical body. Movement is a huge part of self-care. Each week, I will provide a workout. There will be a section for modification if needed. You can always work at your own pace, break up the workout into mini-workouts, or only do part of a workout. The goal is to move your body for just 30 minutes a day. This workout should be appropriate for all fitness levels and ages. If you would like more of a challenge, complete the workout 2-3 rounds at a faster pace (this helps for cardio benefit and torching those calories as well!) The workout this week requires no equipment and minimal space. Complete the workout on non-consecutive days such as MWF. Two other days try to fit in a minimum of 30 min of movement such as a walk or a fun cardio activity (preferably something fun!)



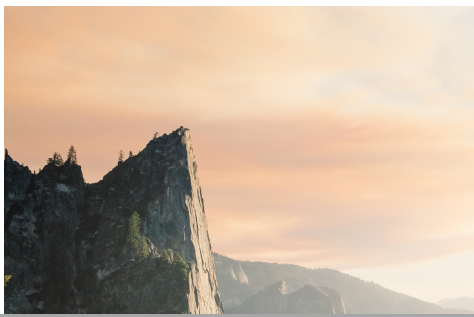
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DAY 2

This workout may seem easy, but it is only workout 1. Complete the workout 3 times this week 1-2 rounds during the session. If needed, you can split the workout up into two sessions to complete at different times on the same day. Good luck!

Exercise

March -10 count
side-step- 10 count
jumping jacks -10
march- 10
squat with feet shoulder width apart- 10
squat hold- 10 sec
standing position: leg curls (beginning with right leg raise foot up toward buttocks and return to starting position. Concentrate on squeezing the hamstring) 10 slow then 10 fast and switch legs
move to the floor:
pushups (traditional or modified on knees; if knees damaged you can perform this exercise using a wall and stepping feet back far enough to feel the resistance on hands)
wide pushups- 10
pushups hands shoulder width apart- 10
hold pushup position-10 sec
lie on back for crunches.
If you need ab modification moves, check out the recommendations below. Do not skip!
Standing: Feet wide and circle hips in a hula hoop motion for 10 each direction. Then, in same position, tuck hips under in standing crunch motion and release. Repeat this motion for 20 count.
crunches- 10
hold in crunch position-10 sec
lie on back, hands under hips and lift feet 6 inches from ground. raise and lower feet without touching the floor for count of 10
6 inches hold-10 sec
plank-10 sec hold



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DAY 2

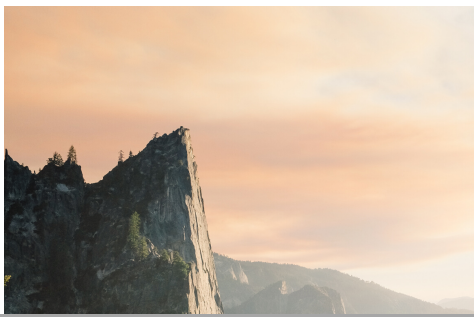
Personal development:

I heard a quote by a coach one time that said, “control the controllables”. It really struck me, and I have tried to live my life by this motto ever since. It occurred to me in adulthood that maybe I am a bit of a control freak. I would often become stressed because I could not control the outcome of certain things. However, I became much more at ease physically and mentally when I learned to just control the controllables. So, what do the controllables look like for your life?

I can control:

I cannot control:

See you on Day 3!



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DAY 3

Daily devotional

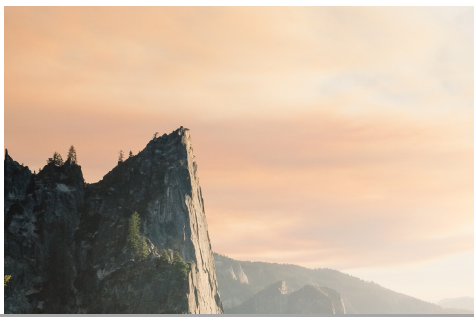
The Lord wants you to have good things but, more importantly, He wants you to draw near to Him and trust Him that His will is best for your life. Do you struggle with this? Good, so it isn't just me! I like to have control, so I struggle with the word "surrender". However, I am a work in progress!

"Take delight in the LORD, and he will give you the desires of your heart. Commit your way to the LORD; trust in him and he will do this" Psalm 37:4-5

Have you ever been in love? Do you remember when you first started falling for that person and you wanted to spend all of your time with them? You couldn't wait to read their text message, or a sweet love note. Try to approach drawing nearer to God in the same manner. It should feel less like a chore and more like falling in love. The best part? He will never leave nor forsake you. His "love note" says that and He always keeps His word!

Exercise

Today your goal is to incorporate some form of movement for 30 minutes. You can break the activity up into 10-15 minute sessions or go for a long walk. If you are out shopping at the mall or vigorously rearranging furniture, it definitely counts! However, try to make it something that is a little more fun and a little less like work.



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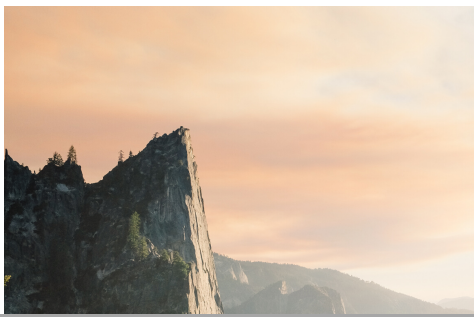
DAY 3

Personal development:

So....here's your personal development for the day: what do you want in 2020? We will narrow it down and get you a game plan (so no worries) but get it all on paper. I like to do a mind map or brainstorm all that I want on a poster board and post it where I can see it often.



See you on Day 4!



Resolution Revolution

DAY 4

Daily devotional

Today's devotional is all about being strong and courageous. It takes strength and courage to step into the unknown and become what God has called you to be. I believe that you can do it! This is a great verse for today:

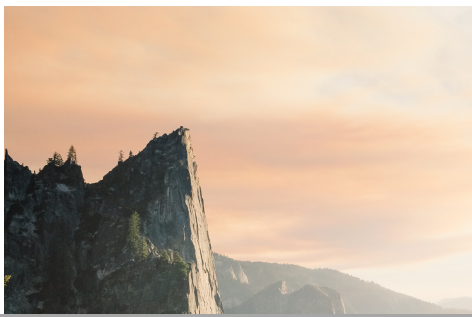
“Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you.” Deuteronomy 31:6

Courage, strength and trust will be ongoing themes over this journey, so be prepared.

Exercise

Session 2 week 1

I hope that you have completed workout week 1 session 2 or plan to today. The workout is designed for 3 times per week with a rest day in between. Feel free to break up the workout if time restraints are a problem! You actually burn more calories that way!



Resolution Revolution

DAY 4

Personal development:

Yesterday, I had you work on a simple "what DO you want?" List. Today, we will lump those wants into categories such as health, wealth, relationships, etc. For example: lose 60 lbs. and make fitness fun are obviously health. My spiritual walk is also very important to me, so I have that as a category as well. Business is another category. Use categories to lump like things together and we will revisit this list again tomorrow. If you haven't completed Day 1-3, then do those as well. Next, you need to work on creating some goals based on the things that you want to accomplish. I am certain that you have set some goals in the past whether you realized it or not. Even so, I am going to teach you a better way to set goals that actually make it easier to achieve. We call the S.M.A.R.T. goals.

S.M.A.R.T. goals are :

Specific

Measurable

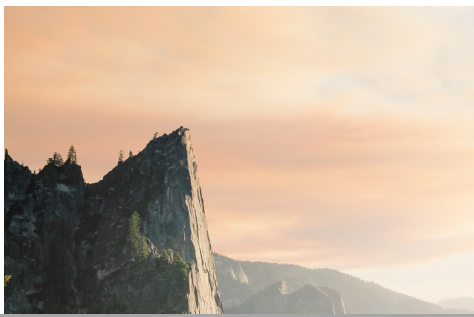
Attainable

Realistic

Timely

Specific goals answer a question such as "who, what, when, where, or why" and help you to narrow down what you want. You could say "I want more money". Well, okay. I give you a dollar. That is technically more money than you had but not as much as you wanted so, be specific. Think of it as if you are ordering from a menu. You wouldn't just say "bring me some chicken." You might want to be a little more specific or you could be unhappy with the results. It is the same thing with goals that are not specific enough.

Measurable goals have a numerical way to be tracked. These can be in time, pounds, dollars, words, etc. You can answer the question "how much?" or "how many?" based on these desires. If you want to lose weight, give it a number. If you want to be more consistent in your writing, identify a certain number of words or pages to complete per day or week.



Resolution Revolution

DAY 4

Attainable goals are those that are based on your values and priorities. You will put in the work to make them come true. I am all for setting some big, audacious goals but some are ludicrous usually because of the timeframe. Given an infinite amount of time and resources, we could make most anything happen. But choose things that are attainable so that they can actually be accomplished. Do not set yourself up for failure from the start. I believe that it is unreasonable to think that losing 20 pounds in one week is attainable. It could be done, yet it shouldn't under most circumstances.

Realistic goals are those that you could achieve and actually wish to put in the work to make it happen. Some people love a big goal and can make most things realistic. Choose a goal that stretches you to the limit of what feels possible. Even if you fall a little bit short, you will still be way ahead of what might have been accomplished if you set a lesser goal and achieved it.

Timely goals give a time limit. You need a deadline to keep you working toward something. This program is 40 days long so in 40 days is a good start. If you wanted to lose weight and set a goal of losing 15 pounds by day 40, that would be a reasonable goal based on the S/M/A.R.T. goal setting method. So, what will your goal be for the three areas chosen?

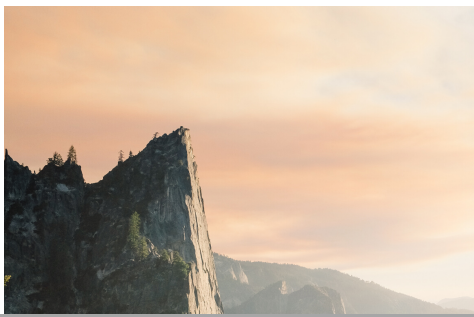
Goal 1.

Goal 2.

Goal 3.

Now that you have your three goals, I need you to commit to just three baby steps to get you closer to those goals each day. You could do one action for each or three each for a total of nine steps toward your major goals every day. Nine steps! I suggest that you start small and work up to nine. Let's build a firm foundation without being overwhelmed right from the start.

See you on Day 5!



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DAY 5

Daily devotional

Here we go again with that theme, strength and courage. He is repeating for those of us who may not have been listening or taken the task seriously enough. Listen up! “Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.” Joshua 1:9 This is one of the more memorable, and quotable, verses of the Bible. Did you know that there are versions of “do not be afraid” or “fear not” 365 times in the Bible? 365 times! He is reminding us once for every day of the year that He has got you covered. So, dear one, be strong and courageous. He’s right there with you. How can you be more courageous today?

What do you need to pray specifically for that perhaps you are a bit afraid to do or say?

Chances are, the very thing that you are avoiding is what will take you to the next level in life and your walk with the Lord!

Exercise

Today, try a new activity for 30 minutes. Make it something that you have never done but always wanted to try! After all, you are becoming a new YOU and that will take some courage. What did you try? How did it make you feel? Would you do it again?



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DAY 5

Personal development:

On your wheel of life exercise, it gave categories to rate your personal satisfaction in each of the areas. The exercise for “What you want?” helped you create categories for the desires of your life. This program is focusing specifically on your physical wellbeing through fun workouts and delicious recipes, your spiritual health through the incorporation of daily devotionals and your personal development. These may seem prohibitive but, I promise, when you begin to change one area of your life you will find that that things begin to change for the better in all areas of your life. John F Kennedy has been credited with the phrase “a rising tide lifts all boats.” That simply means that doing something good in one area will affect other areas as well. If you begin to take care of your health, you’ll find that the discipline that helps you stay on task also helps to make you a better employee or boss. The problem-solving skills that you develop in personal development will help you to find better solutions at home and work. You will soon find that this is true.

What one thing could you do that could have a positive influence on all areas?

Thank you for joining me on this 5 day Resolution Revolution challenge! I am so proud of you! If you enjoyed this challenge and would like to continue, grab a copy of my book Resolution Revolution on Amazon or by email to daringperformance@yahoo.com. I would love hear what you thought about the program! I look forward to working with you in the future. Check out my website at www.daringperformance.com.

Dr. Taffy