

StrongHer FAB Method

Week 4 Participant Workbook

A printable Week 4 workbook for women in business who are ready to create habits that hold and carry the StrongHer FAB Method forward in real life.

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How to use this workbook

Use this workbook during your Week 4 session and across the days that follow. It gives you space to reflect on what supports you most, choose realistic non-negotiables, and create a simple plan you can keep beyond this free course.

Week 4: Create Habits That Hold

This week helps participants move away from all-or-nothing thinking and build supportive habits that fit real life. The goal is to create consistency, protect capacity, and leave with a simple plan that can actually last.

You do not need a perfect routine. You need a supportive one that works in real life.

Week 4 at a glance

FAB focus

Alignment. This week helps participants create routines and boundaries that fit their life and current capacity.

This week's support

Consistency, non-negotiables, boundaries, weekly resets, and flexible standards.

Main goal

Help participants choose realistic, repeatable habits they can keep beyond the free course.

Quick win

Leaving with a plan that feels supportive, achievable, and sustainable.

What you will learn this week

- Why all-or-nothing thinking keeps you stuck
- How to build habits that fit real life rather than perfect conditions
- Why capacity matters when creating routines
- How to choose non-negotiables you can actually keep

Teaching focus

Week 4 helps you stop starting over. The focus is on consistency, boundaries, simple planning, and choosing habits you can repeat on busy weeks as well as good ones.

Reflection prompts

Which habits support me most right now?

What usually gets in the way of consistency for me?

What are my three non-negotiables from here?

What would a supportive week look like in real life, not in theory?

Week 4 action steps

- Choose three non-negotiables to keep this week
- Set one boundary that protects your energy
- Create a simple weekly reset routine
- Decide on a minimum movement plan for low-capacity weeks
- Decide on the minimum nourishment standards you can maintain

Simple planning reminder

Sustainable change comes from habits that work on ordinary weeks, not just on your best ones.

My Week 4 commitment

This week, I will create support for myself by:

My three non-negotiables are:

The boundary I most need to strengthen is:

Mini tracker

Day	Non-negotiables	Boundary	Weekly Reset	Notes
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

End-of-week reflection

Which habits felt most supportive this week?

What made consistency easier or harder?

What do I want to keep going after this course ends?

Affirmation for the week
Consistency, not perfection, is how I create change.