



alexis carril fitness

7-day transformation plan for 50+
Mind, Body, Spirit

I am a results-driven trainer and coach with a passion for whole body, mind and spiritual transformation. I help people heal anxiety, reverse aging and embody vitality by blending:

My Practice:

Metaphysics, sacred embodiment, energy transmutation, affirmations

Psychological frameworks in coaching such as Acceptance and Commitment Therapy, Reality Transurfing, and mindset rewiring

Physical training utilizing resistance workouts, nervous system reset, breathwork and anti-aging movement and stretching

Instead of treating anxiety and aging as isolated problems, I weave them together into a single pathway where inner peace, physical strength, and mental clarity reinforce each other.

Join me by downloading this 7-Day Mind Body Spirit Transformation Course and Workbook that will jump-start your journey to better health, fitness and peace.

I am always available for coaching calls, custom instruction videos and one-on-one trainings.

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7-Day Anxiety Transformation Workbook Resistance Training Plan

Blending Emmet Fox's *Seven Day Mental Diet*, Reality Transurfing, Acceptance and Commitment Therapy Coaching (ACT), and Foundational Strength Training

Day 1: Awareness & Commitment

Fox (Mental Diet): Begin the “thought” diet— no dwelling on negative thoughts. Catch and redirect immediately.

Transurfing: Identify the anxiety pendulums you usually feed -especially surrounding training or dieting. Notice how they pull your energy.

ACT: Practice Acceptance — anxiety is here, but you don’t have to obey it. Commit to observing, not battling.

Exercise: Write down your intention for 7 days. Journal each anxious thought and how you redirected it.

Day 2: Defusing the Thought Stream

Fox: Replace each anxious thought with a constructive affirmation (e.g., 'I am guided by peace and clarity').

Transurfing: Say: 'This anxious thought is just one version of reality. I choose another.'

ACT: Cognitive diffusion — add 'I’m having the thought that...' before placing importance on anxious beliefs.

Exercise: Write your top 3 repetitive anxious thoughts. Practice reframing them with Fox +ACT tools.

Day 3: The Observer’s Mind

Fox: Morning meditation — picture light flooding your mind, washing away worry.

Transurfing: Observe reality as a mirror — what you focus on reflects back. Choose where to shine your attention.

ACT: Do the 'Leaves on a Stream' mindfulness exercise (watch thoughts drift without grabbing).

Exercise: Spend 10 minutes just observing sensations and thoughts without judgment

Day 4: Shifting Life Lines

Fox: Affirm: 'I live in harmony with divine order.'

Transurfing: Visualize stepping onto a peaceful 'variation line' where anxiety doesn't dominate. Imagine details of that life.

ACT: Clarify values — what matters more than anxiety (love, health, service, creativity)?

Exercise: Write 3 values and one small step today that honors them.

Day 5: Choosing Action Beyond Anxiety

Fox: Replace fear-driven thoughts with gratitude statements.

Transurfing: Reduce importance — tell yourself: 'I don't need this to prove anything. I just flow.'

ACT: Committed action — pick one task anxiety has blocked, and do a small version of it.

Exercise: Journal afterward — how did it feel to act in spite of anxiety?

Day 6: Strengthening Inner Freedom

Fox: Feed only uplifting, joyful, or faith-based thoughts. Imagine 'mental nutrition' raising your vibration.

Transurfing: Use 'slides' — create a vivid mental picture of yourself living free of anxiety. Revisit often today.

ACT: Practice self-as-context — you are not anxiety; you are the space in which anxiety arises.

Exercise: Write a short description of 'Me beyond anxiety.' Read it morning and night.

Day 7: Integration & Renewal

Fox: Reflect — how did your 'mental diet' shift your energy?

Transurfing: Choose the life script you want to continue feeding. See yourself moving forward in this new timeline.

ACT: Values review — anchor in what matters most. Set ongoing small commitments.

Exercise: Write a one-page letter to your future self-describing your new relationship with anxiety and freedom.

7-Day Beginner Resistance Training Plan

Each workout is designed as 3 sets of 9 repetitions per exercise. Rest 60–90 seconds between sets. Focus on controlled movements and proper form.

Day 1: Lower Body Strength

- Air Squat Warm Up – 3 x 9 reps
- Leg Press – 3 x 9 reps
- Bulgarian Split Squats – 3 x 9 reps

Day 2: Upper Body Pull & Arms

- Face Pulls – 3 x 9 reps
- Tricep Extensions (Dumbbell) – 3 x 9 reps
- Back Pull Downs – 3 x 9 reps

Day 3: Core Conditioning

- Abdominal Twist Machine – 3 x 9 reps
- Abdominal Crunches – 3 x 9 reps
- Extended Leg Lifts – 3 x 9 reps

Day 4: Lower Body Power

- Smith Machine Weighted Squats – 3 x 9 reps
- Romanian Deadlifts – 3 x 9 reps
- Leg Lifts – 3 x 9 reps

Day 5: Upper Body Push & Arms

- Biceps Curls (Barbell) – 3 x 9 reps
- Hammer Curls – 3 x 9 reps
- Chest Machine – 3 x 9 reps

Day 6: Core Conditioning (Repeat Day 3)

- Abdominal Twist Machine – 3 x 9 reps

- Abdominal Crunches – 3 x 9 reps
- Extended Leg Lifts – 3 x 9 reps

Day 7: Lower Body Power (Repeat Day 4)

- Smith Machine Weighted Squats – 3 x 9 reps
- Romanian Deadlifts – 3 x 9 reps
- Leg Lifts – 3 x 9 reps

Upon completion, you should have feel clear, strong and firmly on the path of transformation. New ideas and energy are now readily available to you so you can move forward on your transformation journey. You are ready to make effective choices on how to level up and continue the momentum you began with this 7-day challenge. Go to my website at alexiscarril.com and schedule a coaching call to take on the next challenge. Looking forward to working with you closely!