



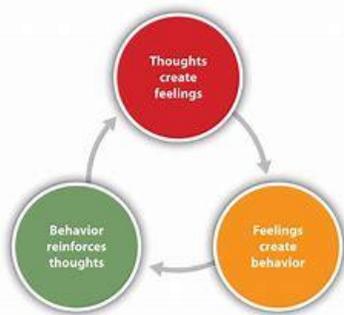
Beyond Personal Training

HEALTH COACH - WELLNESS WORKSHOPS - RETREATS

At the beginning of each new year, many of us make resolutions and goals with the intention to better ourselves in some way. When we want to change an aspect of our lives, setting a goal is often the logical first step. When you set your intention, you find a way of threading it throughout your actions, thoughts and words.

Understanding the difference between values, intentions, and goals (and being able to implement each effectively in your life) can make a huge difference in how satisfied you feel in your life.

Values don't get marked off as DONE like goals do. Instead, you commit to them as a daily, moment-by-moment practice, never reaching a final destination. Values are typically defined with single words or phrases like these: Equality, Connection, Acceptance, Freedom & Courage. Your goals, intentions, and habits have to be in alignment. They all rely on each other.



Your intentions should drive your goals and your habits should create a lifestyle that is conducive for your intentions and goals to manifest.

Intentions: The why behind your goals and the feelings associated with the process of achieving your goals
Goals: Long-term results (tangible, measurable)
Habits: Daily routines that influence your ability to achieve your goals and intentions

Setting an intention allows a certain focus to be infused into your actions, and unlike a resolution, it doesn't have to be something you work towards, but work with. An intention is an aim to move towards something. Unlike a goal, it often has no deadline. It's about the journey to get there, not the result. These intentions are meant to always be in the back of your mind. When you come across a related moment or a task, you can quickly think back to your intentions and act on them. To help figure out what your intentions are you can ask yourself a few questions.

- What are my values?
- What are my priorities?
- What do I want to continue doing?
- What do I want to stop doing?
- What do I enjoy doing? And if I enjoy something, then do I want to do more of it? If so, how do I incorporate more of it in my life?
- What do I hate doing? Can I eliminate what I hate from my life? If so, how?
- What do I want to do less of?
- Who do I want to spend more time with?
- Who do I want to spend less time with?
- What are my long-term goals?
- What can I do this year to get closer to my long-term goal?

December 31, 2018

Set a goal **SO BIG**
that you can't achieve.
until **YOU GROW**
INTO THE PERSON
WHO CAN. -UNKNOWN

Upcoming Events:

**New Year's Resolution
Solution Workshop**
Sunday January 6th

@ 1pm

Elite Therapeutic Massage
1121 Westrac Dr, Fargo

**Feed Your Heart
Retreat**
February 8-10th

The Art of Self-Love Retreat
February 22-24th

For more information
log onto
beyondpersonaltraining.org

Winner of the December Healthy
Habit Challenge to be drawn
January 1st and announced on fb.
Because perfection is not the
goal, I will include anyone that
participated in 80% of the
challenge.



Goals have an endpoint. This is why many people revert to their previous state after achieving a certain goal. People run marathons, then stop exercising altogether afterward. Or they make a certain amount of money, then fall into debt soon after. Others reach a goal weight, only to spoil their progress by overeating to celebrate. Goals rely on factors which we do not always have control over. It's an unavoidable fact that reaching a goal is not always possible, regardless of effort. An injury might derail a fitness goal. An unexpected expense might sabotage a financial goal. A family tragedy might impede a creative-output goal. When we set a goal, we are attempting to transform what is usually a heuristic process into an algorithmic one.

Keeping a goal in mind and using it to direct our actions requires constant willpower. During times when other parts of our lives

deplete our supply of willpower, it can be easy to forget our goals. For example, the goal of saving money requires self-discipline each time we make a purchase. Meanwhile, the habit of putting \$50 in a savings account every week requires little effort. Habits, not goals, make otherwise difficult things easy.

Once formed, habits operate automatically. Habits take otherwise difficult tasks—like saving money—and make them easy. The purpose of a well-crafted set of habits is to ensure that we reach our goals with incremental steps. Habits can mean we overshoot our goals. Habits are easy to complete. Once we develop a habit, our brains actually change to make the behavior easier to complete. After a while a habit becomes easier than not doing so. Habits are for life. Our lives are structured around habits, many of them barely noticeable. Once a habit becomes ingrained, it can last for life (unless broken for some reason). Habits can compound. Stephen Covey paraphrased Gandhi when he explained:



10 steps to changing unhealthy habits.

1. **Identify the habits you want to change.** This means bringing what is usually unconscious (or at least ignored) to your awareness. It does not mean beating yourself up about it. Make a list of things you'd like to change, and then pick one.
2. **Look at what you are getting out of it.** In other words, how is your habit serving you? Are you looking for comfort in food? Numbness in wine? An outlet or connection online? Stress alleviation through eating or nail biting
3. **Honor your own wisdom.** Here's a common scenario. You feel like you have no down-time, so you stay up way too late binge-watching your favorite show on Netflix. You know you'll be exhausted and less productive the next day, but you feel "entitled" to something fun, just for you. Your wisdom knows this is not a healthy way to get it. Use that wisdom to build something into your schedule that will provide what you really want. Realize you do have the answers and are capable of doing something different.
4. **Choose something to replace the unhealthy habit.** Just willing yourself to change isn't enough because it does not address the underlying benefit of the behavior you want to replace. What can you do instead of standing in front of the fridge when

you're stressed? If you have a plan, you are "armed" with tools and a replacement behavior. Next time you catch yourself standing in front of the refrigerator and not hungry, use the tools and try a replacement behavior. Do something different to replace an unhealthy habit, acknowledge to yourself that you are doing it differently. You need to bring whatever it is that is subconscious to the conscious mind so that you can emphasize your ability to change. It can be as simple as saying to yourself, "Look at that. I made a better choice."

5. **Remove triggers.** If Doritos are a trigger, throw them out on a day you feel strong enough to do so. If you crave a cigarette when you drink socially, avoid social triggers—restaurants, bars, nights out with friends... just for a while until you feel secure in your new habit. Sometimes certain people are our triggers. Remember that you end up being like the five people you hang out with most. Look at who those people are: do they inspire you or drag you down?
6. **Visualize yourself changing.** Serious visualization retrains your brain. In this case you want to think differently about your ability to change—so spend some time every day envisioning yourself with new habits. Exercising and enjoying it, eating healthy foods, fitting into those jeans. See yourself engaged in happy conversation with someone instead of standing in the back of the room. This kind of visualization really works. The now familiar idea that "nerves that fire together wire together" is based on the idea that the more you think about something, and do it, the more it becomes wired in your brain and your default choice can actually be a healthier one for you.
7. **Monitor your negative self-talk.** The refrain in your brain can seriously affect your default behaviors. So when you catch yourself saying, "I'm fat" or "No one likes me," reframe it or redirect it. Reframing is like rewriting the script. Replace it with, "I'm getting healthy, or "My confidence is growing." Redirecting is when you add to your negative self-talk of "I'm fat" with "but I'm working my way into a healthier lifestyle." Judging yourself only keeps you stuck.
8. **Take baby steps, if necessary.** Even if you can't follow through 100% right away with a whole new habit, turn something new into habit. For example, if you've blocked out an hour to exercise and you have to go to a doctor's appointment, find another time to squeeze in at least 15 minutes. That way you'll reinforce that "this is my new habit."
9. **Accept that you will sometimes falter.** We all do. Habits don't change overnight. Love yourself each time you do and remind yourself that you are human. The goal is not to obtain perfection, but to make steady progress... and months when there isn't any progress, give yourself grace and start again
10. **Know that it will take time.** Habits usually take several weeks to change. You have to reinforce that bundle of nerves in your brain to change your default settings.



Bring the process to your awareness by writing it down. It is very easy to forget a new plan that is conceived with best intentions but never reinforced. For max success, take 15 minutes to make yourself aware and plan, pen in hand.

EXAMPLE:

My intentions for 2019: I want every decision I make to relate to my intentions in some way.

- I will serve God.
- I will be happy
- I will love myself
- I will be healthy
- I will have quality/healthy/meaningful friendships
- I will empower others

My goals for 2019: This is simply the foundation.

- I will exercise for my health not the scale
- I will read books with purpose
- I will make specific connections weekly
- I will continue to develop my business

My Habits for 2019: Starting today

- I will wake up at 5 am. By waking up earlier, I can write, check emails, cook breakfast, exercise, or meditate. Adding an extra hour and a half to my day will increase my productivity.
- I will drink at least 96 ounces of WATER. (3 shaker bottles)
- I will read at least one chapter of a book a week.
- I will journal daily. I will write something down each day. Thoughts, foods, exercise, whatever.
- I will at least eat 3 BALANCED meals. I will pack snacks Monday-Friday.
- I will work out for at least 30 minutes 5 days a week.

When attitude is changed – Thought is changed

When thought is changed – Behavior is changed

When behavior is changed – Action is changed

When action is changed – Results are changed

Don't fear failure.

*Fear being in the same exact place next year
as you are today.*

88 Unexpected Snacks Under 100 Calories

We've all been there: hunger striking before the dinnertime, a sudden craving for something sweet, the need for a quick energy boost before working out. The solution? A small and satisfying snack that won't tip that calorie count over the edge. **The problem with snacking is when a quick nibble turns into enough calories to count as a meal. But these healthy, low calorie treats can please *any* palate while still leaving room for dinner.** This list is filled with sizeable options enjoyable enough to devour (without any diet damage).

Sweet Snacks

1. Mini PB&F

One fig Newton with 1 teaspoon peanut butter.

2. Chocolate Banana

Half a frozen banana dipped in two squares of melted dark chocolate.

3. Frozen grapes (any color)

1 cup (about 28 grapes), stuck in the freezer for 2+ hours.

4. Honeyed Yogurt

½ cup nonfat Greek yogurt with a dash of cinnamon and 1 teaspoon honey.

5. Spiced Orange

One orange— about the size of a tennis ball— sprinkled with cinnamon.

6. Grilled Pineapple

2 ¼-inch thick pineapple rounds (about 1 cup), grilled (or sautéed) for two minutes or until golden.

7. Berries n' Cream

1 cup blueberries with 2 tablespoons whipped topping.

8. Stuffed Figs

Two small dried figs with 1 tablespoon reduced-fat ricotta stuffed inside. Sprinkle with cinnamon.

9. Oats n' Berries

½ cup rolled oats (cooked with water), topped with cinnamon and ¼ cup fresh berries.

10. Dark Chocolate

One block, or three squares.

11. Nut-Stuffed Date

One Date filled with one teaspoon natural unsalted almond butter.

12. Chocolate Milk

6 ounces skim milk mixed with 2 teaspoons chocolate syrup.

13. Cinnamon Applesauce

1 cup unsweetened applesauce.

14. Citrus-Berry Salad

1 cup mixed berry salad (raspberries, strawberries, blueberries, and/or blackberries) tossed with one tablespoon fresh-squeezed orange juice.

15. Maple-Pumpkin Yogurt

1/2 cup non-fat regular Greek yogurt with 2 tablespoons pumpkin puree and 1 teaspoon maple syrup

16. Chocolate Pudding

One 4oz package. Try a fat/sugar free version.

17. Chocolate Covered Strawberries

Five strawberries dipped in two squares melted dark chocolate.

18. Tropical Juice Smoothie

1/4 cup pineapple juice, orange juice, and apple juice, blended with ice.

19. Vanilla and Banana Smoothie

1/2 cup sliced banana, 1/4 cup nonfat vanilla yogurt, and a handful of ice blended until smooth.

20. MYO Banana Chips

One sliced banana dipped in lemon juice and baked.

21. Baked Apple

One tennis ball-sized apple, cored, filled with 1 teaspoon brown sugar and cinnamon, and baked until tender.

22. Fruity Waffles

One 7-grain frozen waffle toasted and topped with 1/4 cup fresh mixed berries.

23. Skinny S'more

Two graham crackers with one roasted marshmallow and one small square dark chocolate.

24. Cinnamon Graham Crackers & Peanut butter

Two graham cracker squares with 1 teaspoon peanut butter and a sprinkle of cinnamon.

25. Cereal and Milk

1/2 cup Rice Krispies with 1/2 cup skim milk.

26. Milk n' Cookies

Five animal crackers with 1/2 cup skim milk.

27. Warm Spiced Cider

6 ounces apple cider with sprinkles of cinnamon and nutmeg, warmed.

28. Citrus Sherbet

1/2 cup lime sherbet (about one standard-sized ice-cream scoop) with 1/2 sliced kiwi.

29. Café Latte

8 ounces steamed skim milk with 1 shot espresso.

30. Jelly Beans

25 of 'em! If you really need strait sugar.

31. Marshmallow Pear

1/2 pear diced and topped with 1 tablespoon marshmallow fluff.

32. Protein Shake

One scoop protein powder with 8 ounces water

33. M.Y.O. Popsicle

8 ounces lemonade frozen in an ice pop mold, or use a small paper cup as a mold.

34. Apple Chips

Munch on 3/4 cup baked thinly sliced apples.

Savory Snacks

35. Carrots n' Hummus

About 10 baby carrots with 2 tablespoons hummus.

36. Pistachios

A couple handfuls— about 25 nuts (Cracking them open will take more time and avoid grabbing 25 more).

37. Cheese n' Crackers

Five Kashi 7-grain crackers with 1 stick reduced-fat string cheese.

38. Dippy Egg

One over easy egg with ½ slice whole-wheat toast, sliced (to dip in yolk!).

39. Cheesy Breaded Tomatoes

Two roasted plum tomatoes sliced and topped with 2 tablespoons breadcrumbs and a sprinkle of parmesan cheese.

40. Curried Sweet Potato

One medium sweet potato (about 5 inches long) cooked for six minutes in the microwave and mashed with 1 teaspoon curry, and a sprinkle of salt and pepper.

41. “Cheesy” Popcorn

2 cups air-popped popcorn with a shake of parmesan cheese

42. Guacamole stuffed Egg Whites

Halve a hardboiled egg, remove yolk, and stuff the empty space with 2 tablespoons guacamole (avocado, lime, cilantro and salt).

43. Grilled Spinach and Feta Polenta

3 oz polenta (about the size of a deck of cards) cooked with 1 ½ cups water and topped with 1 teaspoon feta cheese and a handful spinach.

44. Soy Edamame

¼ cup boiled Edamame with 1 teaspoon soy sauce.

45. Dijon Pretzels

Two pretzel rods with 1 tablespoon Dijon mustard.

46. Crunchy Curried Tuna Salad

½ cup canned tuna with 1 teaspoon curry powder, 1 tablespoon chopped red onion, and two ribs celery (chopped).

47. Greek Tomatoes

One tomato (about the size of a tennis ball) chopped and mixed with 1 tablespoon feta and a squeeze of lemon juice.

48. Shrimp Cocktail

Eight medium sized shrimp boiled and served with 2 tablespoons classic cocktail sauce.

49. Smoked Beef Jerky

About 1 ounce— look for low sodium versions!

50. Cheddar and Tomato Soup

1/2 cup tomato soup with 1 tablespoon shredded low-fat cheddar cheese.

51. Kale Chips

1/2 cup raw kale— stems removed— baked with 1 teaspoon olive oil at 400° until crisp.

52. Sweet Potato Fries

One light-bulb sized sweet potato sliced, tossed with 1 teaspoon olive oil, and baked at 400° for 10 minutes.

53. Cucumber Sandwich

1/2 English muffin with 2 tablespoons cottage cheese and three slices of cucumber.

54. Turkey Roll-Ups

Four slices smoked turkey rolled up and dipped in 2 teaspoons honey mustard.

55. Mixed Olives

About 8 olives.

56. Antipasto Plate

One Pepperoncini, a 1/2 inch cube of cheddar cheese, one slice pepperoni, and one olive.

57. Pumpkin Seeds

2 tablespoons pumpkin seeds sprayed with oil (just a spritz!) and baked at for 400° for 15 minutes or until brown. Sprinkle with kosher salt.

58. Choco-Soy Nuts

3 tablespoons soy nuts with 1 teaspoon cocoa nibs.

59. Wasabi Peas

About 1/3 cup

60. Balsamic Veggies

3 cups raw peppers (any color!) dipped in 2 tablespoons balsamic reduction.

61. Cheesy Roasted Asparagus

Four spears (spritzed with olive-oil spray) and topped with 2 tablespoons grated parmesan cheese, baked for 10 minutes at 400°.

62. Cucumber salad

One large cucumber (sliced) with 2 tablespoons chopped red onion and 2 tablespoons apple-cider vinegar.

63. Spinach and Feta Egg-White Scramble

Three egg whites scrambled and mixed with ½ cup raw spinach and 1 tbsp feta cheese. Cook in frying pan or zap in microwave until egg whites are no longer runny (about 1-2 minutes).

64. Crunchy Kale Salad

1 cup kale leaves chopped with 1 teaspoon honey and 1 tablespoon balsamic vinegar.

65. Chick Pea Salad

¼ chickpeas with 1 tablespoon sliced scallions, a squeeze of lemon juice, and ¼ cup diced tomatoes.

66. Grilled Garlic Corn on the Cob

One small-sized ear brushed with 1 teaspoon sautéed minced garlic and 1 teaspoon olive oil, grilled until tender.

67. Pretzels & Cream Cheese

15 mini pretzel sticks with 2 tablespoons fat-free cream cheese.

68. Bacon Brussels Salad

Seven Brussel sprouts thinly sliced and mixed with one-piece lean bacon, chopped.

69. Rosemary Potatoes

½ cup thinly sliced potato tossed with 1 teaspoons olive oil and a teaspoon of chopped rosemary.

70. Spicy Black Beans

¼ cup black beans with 1 tablespoon salsa and 1 tablespoon non-fat Greek yogurt.

71. Caprese Salad

1 ounce (hockey puck sized) of fresh mozzarella with ½ cup cherry tomatoes and 2 teaspoons of balsamic vinegar.

72. Goldfish

About 40 fishes

73. Chips n' Salsa

10 baked tortilla chips with ¼ cup salsa.

74. Mini Ham Sandwich

Two slices honey-baked ham with 2 teaspoons honey mustard rolled in a lettuce leaf.

75. Lox Bagel

½ whole-wheat mini bagel with two thin slices of lox.

Sweet & Salty

76. Chocolate Trail Mix

Eight almonds, four chocolate chips, and 1 tablespoon raisins.

77. Apples and Cheese

1 non-fat mozzarella cheese stick with half of a baseball-sized apple (any variety), sliced.

78. PB & Celery

1 medium celery stalk with 1 tablespoon peanut butter.

79. Cottage Cheese Melon Boat

1 cup melon balls with ½ cup non-fat cottage cheese.

80. Carrot and Raisin Salad

1 cup shaved carrots with 2 tablespoons raisins and 1 tablespoon balsamic vinegar.

81. Tropical Cottage Cheese

½ cup non-fat cottage cheese with ½ cup fresh mango and pineapple, chopped.

82. Blue-Cheese Stuffed Apricots

Three dried apricots with 1 tablespoon crumbled blue cheese.

83. Rice Cake and Almond Butter

One rice cake with 2 teaspoons almond butter.

84. Sweet n' Spicy Pecans

Five pecans roasted with 2 teaspoons maple syrup and 1 teaspoon cinnamon.

85. Apples n' Peanut Butter

½ an apple, sliced and dipped in 1 teaspoon natural peanut butter.

86. Chocolate Hazelnut Crackers

Four wheat thins dipped in 1 teaspoon Nutella

87. Strawberry Salad

1 cup raw spinach with ½ cup sliced strawberries and 1 tablespoon balsamic.

88. Cacao-Roasted Almonds

Pop in eight almonds

