

The 5-minute Workout That Can Change Your Life



From: Susan Bock, CEO (Chief Everything Officer!)

Get ready, because what you are about to read is written specifically for you! This workout can change your attitude, perspective and outlook on life. Don't panic! No special equipment, clothing, helmets or paraphernalia are needed for this workout. You can do it in the safety of your own home, and at the time of your choosing. You have everything you need right now to change your life forever.

We're going to start easy and take it slowly. Let's start with what we already know: the importance of having daily exercise routines for your body to keep your muscles flexible and toned, to keep your bones strong. The ideal is 30 minutes of exercise daily – or, at a minimum, three times a week. Terrific – we know the activities we need to do, the recommended length of time and frequency. That takes care of your muscles in your body. What about your *self*-muscles?

Self-muscles, you ask? Yes, *self*-muscles. These invisible, often-neglected muscles are as vital to our survival as our skeletal muscles. Let's start with you identifying the *self*-muscles that need special attention by completing the *Self*-Muscle Strength Test.

On the next page, you will see a list of *self*-muscles, and space for you to add ones not included on this list. Rate yourself on a scale of 0 – 10. Zero means that *self*-muscle needs a great deal of exercise and 10 means that muscle is Wonder Woman caliber! To realize the most value from this exercise, give yourself the gift of being honest.

SUSAN BOCK

COACH AUTHOR SPEAKER

When you have completed the assessment, revisit each muscle rating. Using a different color of ink, make a mark to indicate where you would like to be on the strength scale.

This assessment serves several needs. It indicates where you are, where you want to be, which *self*-muscles need more attention, and which *self*-muscles can go on the maintenance plan.

The final step is to develop an exercise routine specifically for you! Grab your pen or pencil and you're ready to begin your *self*-muscles assessment!

SUSAN BOCK

COACH AUTHOR SPEAKER

Self-Muscles Strength Test

Self-Muscles

Strength Level

Weak

Strong

Example:

Willingness to take this test



Self-acceptance

0-----5-----10

Self-acknowledgement

0-----5-----10

Self-assurance

0-----5-----10

Self-awareness

0-----5-----10

Self-belief

0-----5-----10

Self-caring

0-----5-----10

Self-confidence

0-----5-----10

Self-control

0-----5-----10

Self-conviction

0-----5-----10

Self-discipline

0-----5-----10

Self-esteem

0-----5-----10

Self-image

0-----5-----10

Self-love

0-----5-----10

Self-motivation

0-----5-----10

Self-purpose

0-----5-----10

Self-respect

0-----5-----10

Self-understanding

0-----5-----10

Self-value

0-----5-----10

Self-wisdom

0-----5-----10

Self-worth

0-----5-----10

SUSAN BOCK

COACH AUTHOR SPEAKER

Are there some additional self-muscles you would like to add?

Self-Muscles

Strength Level

Weak

Strong

Self-	0_____	5_____	10_____
Self-	0_____	5_____	10_____
Self-	0_____	5_____	10_____
Self-	0_____	5_____	10_____
Self-	0_____	5_____	10_____
Self-	0_____	5_____	10_____
Self-	0_____	5_____	10_____
Self-	0_____	5_____	10_____
Self-	0_____	5_____	10_____
Self-	0_____	5_____	10_____
Self-	0_____	5_____	10_____
Self-	0_____	5_____	10_____
Self-	0_____	5_____	10_____
Self-	0_____	5_____	10_____
Self-	0_____	5_____	10_____
Self-	0_____	5_____	10_____
Self-	0_____	5_____	10_____
Self-	0_____	5_____	10_____
Self-	0_____	5_____	10_____



Aerobics for *Self*-muscles

How did you do? Were you surprised by your results? Most of us are, so you're not alone! It can be quite a jolt seeing your scores in black and white. Remember this: What gets *recorded* gets *rewarded*. You've accomplished the *record*, now it's time to reap the *reward*.

When your *self*-muscles are strong, you can do most anything you set out to do. I love this quote by Henry Ford: "Whether you think you can, or you think you can't – you're right." By strengthening your *self*-muscles, you can discover or uncover your untapped potential. And that's when life gets really exciting!

My first recommendation is vital, as this is the foundation on which you are rating your strength. Using your dictionary or this link to <http://dictionary.reference.com/>, look up the definition of each *self*-muscle. This is not to suggest that you don't know the meaning – rather it is to provide you with clear, descriptive words that represent to you what you will experience when you have achieved your desired level of strength.

Next is a caution. When doing a new exercise, even when in shape, your muscles might protest a bit – right? Sore, tender, uncomfortable? It's exactly the same when working out your *self*-muscles. You might be uncomfortable and sore, and you may want to give up. With a deep sigh, the voice in your head might say, "It's not worth it." This is when I ask you to think of someone you admire and have that person shout to you

YES, YOU ARE! YOU ARE SO WORTH IT!

Using self-acceptance as an example, here's the workout:

My definition:

Self-acceptance means that I understand and acknowledge my character and habits, stop comparing myself and my achievements to others, and acknowledge my skills or the lack of them.

My workout:

Associate an old (habit, belief, attitude) with a new one that supports healthy self-acceptance. I will start by doing this three times a day – morning, afternoon and evening. Over time, the frequency will increase.

When I hear myself comparing me to someone else (old habit), I will superimpose my new habit: “We each have such different talents – human beings are amazing!” I will do five repetitions of this new habit before moving on.

Now it’s your turn:

Progress through your list of muscles you want to strengthen by writing your personal definition, and then create one activity to propel you from where you are to where you want to be. This is a challenge – I totally get that! And it is so worthwhile! You will reap rewards for the remainder of your life.

How we act in life – interpersonally, emotionally and spiritually – is how others see us. It’s more than our physical appearance. They sense our energy, attitudes, enthusiasm, and zest. Those “invisible” messages are your *self*-muscles at work. When your *self*-muscles are strong, you can begin to uncover your potential – and that is the greatest gift you can give to yourself and to others. Invite the world to experience more of you, as there is no one else on earth exactly like you!

Mark Tyrrell provides more tips for you to consider as you create your *self*-muscle routine:



#1. Self-belief is learned

Your level of self-belief isn’t set in stone. Remember, you were born into this world with no sense of what you could or couldn’t do. Then, bit by bit, life started to teach you to limit yourself. A very young child doesn’t say, “I’m not the kind of person who could ...” Children haven’t yet learned to limit their horizons.

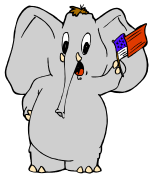
One of the first steps is to re-examine and discard many of the limiting ideas you have about yourself; beliefs you’ve collected along the way that are limiting you.



#2. Shut down the negative inner voice

We all have one, and it's time to let it go. When you start to doubt yourself, stop and listen for a moment to that negative inner voice. Whose voice is it really? A parent's, old school bullies? A collection of many different voices from different times and people? One thing is certain; that inner self-critical voice is not your voice. It may masquerade as belonging to you now, but it doesn't really.

Tell yourself: "This is not my true voice!" Then start to challenge it, and change it.

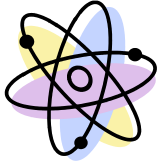


#3. Turn a weakness into strength

Dumbo, that adorable little elephant with the huge ears, was humiliated by those ears. He hated them at first. With great effort, he came to use them. He fulfilled his destiny by changing his attitude.

When we focus on what is *not* right about ourselves rather than what *is*, we miss opportunities for self-belief. Self-belief has a dual meaning. First, it can be used as a statement: "I believe in myself." Equally important is the underlying message – "I create my beliefs." Many of us have "borrowed" the beliefs of others – beliefs that may not be healthy for us today.

Take any negative belief you have about yourself and creatively flip it so that it becomes a positive resource - think: "ears/Dumbo." Have fun with this.



#4. Develop your 'super powers'

Start your day by making a list of the super powers of some superheroes you're familiar with. They may be such things as super speed, the ability to climb walls, flight, x-ray vision ... whatever. Why do this? Because "priming" your mind with qualities and positive characteristics can actually determine your behavior.

Not that you'll start flying to the rescue of stranded citizens, but the *pattern* of superhero powers is one of ability, courage, and competence. In one study, people who were asked to write down as many superhero powers as they could think of were more likely to give to charity *months afterward*. The *pattern* of giving to charity is that of *being able*. Prime your mind with "being able" words before you start each day.

As well as superhero powers, write down all kinds of other positive characteristics (whether you think you have them or not). Do this before you leave home. For example, I might write:

Strength	Quick-wittedness	Dignity	Calm
Charisma	Approachability	Intelligence	Sex appeal
Humor	Popularity	Generosity	Determination

And so on. I'm not asking you to focus on your own present or even future qualities here, but just on the words. Take a few moments to write them down each day, then a few moments to scan your list (it doesn't matter if it's a similar list each day). Reflect upon what each word means to you. You'll be amazed how doing this will powerfully prime your unconscious mind.



#5. Be your own motivational coach

If you notice doubts rearing their ugly heads, imagine that you (the clear-headed part of you) are the coach, and the anxious part of you is the person you need to talk to.

Think what you would say to someone you really believe in if *he* or *she* started showing doubts. Sit down and say those same things to yourself. So if you are about to go for a job interview and you “hear yourself” start to express doubts, take a few moments to sit down, close your eyes, and coach yourself:

“Look, you can do this! It’s natural to feel a little anxious, but that just means you care about what you’re doing. You have all the relevant experience and qualifications. Now get in there and stop whining! Even if you don’t get this job, you’re going to make me proud by giving it your best shot.”



#6. Create a powerful vision of yourself

Get into the habit of sitting down, closing your eyes, and watching yourself behaving decisively, calmly, and strongly. This powerful visualization exercise means you can learn from yourself how to be confident, have self-belief, and behave in ways that maximize your chances of success. Imagine you are viewing yourself on a TV screen. The “you” on the screen is showing the “you” watching how to act with self-belief. The more you do this, the more you’ll find that you quite naturally start to become like the “you” in the movie.

Yes, this is a workout that can change your life and – just as when you are exercising the muscles in your body – it takes time and consistency to see and feel the results of your hard work.

SUSAN BOCK

COACH AUTHOR SPEAKER

My closing words for you are “You are so worth it!” Take charge of your *self*-muscles and take charge of your future. It’s just around the corner!

A special thank you to my editor, Eve, who consistently provides me with encouragement, inspiration, and opportunity to laugh at myself.



Restore your self-confidence so you can
Revitalize your relationships and career, and
Redesign your future.

Susan

<http://SusanBock.com>

I’ve shown thousands of women how to let go of what is holding them hostage and step into their purpose, power and potential. Would you like to learn more? Click here to learn how to schedule your complimentary **1st Step to Change** consultation right now!

For tons of free resources, visit <http://SusanBock.com/Downloads-Galore>

Have Questions? Give me a call 714-847-1566

Or send me an email: Susan@SusanBock.com