

# 5 Powerful Steps To Outperform 90% Of All New Year`s Resolutions On Exercise (Even After 3 Months)

▼ Pillar	Fitness
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**The odds are stacked against you.**

The most common New Year's resolution: Start exercising.

But 90% of people will quit in 3 months. NOT YOU.

Let me guide you through a simple 5-step process and you will be among the 10% of Non-Quitters.

## Preparation

Before we build a New You, it makes sense to assess your current health level.

If you know where you stand right now, it will be much easier to make a clear-cut goal.

How is your health in general?

How do you rate your physical condition?				
Very good	Good	Mediocre	Bad	Very Bad
How do you rate your mental health?				
Very good	Good	Mediocre	Bad	Very Bad
How do you describe your general health?				
Very good	Good	Mediocre	Bad	Very Bad

## What do you want to achieve?

Health goals result from the current state of health.

What do you want to achieve in the future?

How do you want to feel at the end of the journey?

Picture yourself half a year from now.

What do you feel like? Is it more energy that you desire, more inner peace, a slimmer you?

Paint a vivid and tangible picture of yourself.

We are now ready to go through the five stages.

Let me be clear: I cannot spare you some work. Trust me, you will not regret it.

## **Stage 1 - Your personal goals**

How to crush after only a few weeks of exercising?

Set goals, that are too high to achieve.

From zero exercise to 4 times a week. Is it possible? Yes. Is it a reasonable approach? No.

Start slow and progress from there.

Formulate your health goals carefully to avoid being overwhelmed. Stick to small goals that you can achieve

What health goal would you like to achieve in the next six months?

Please name your two most important goals

1) .....

2).....

## **Stage 2 - Resources**

### **What can you build on?**

Resources refer back to your own personal strengths. The goal is to ignite the belief in yourself that you will make your goal a success.

Some guiding questions

- Do you cope easily with difficulties?
- Are you goal oriented?
- Do you  
implement your plans with perseverance?
- Do you count  
yourself among those who avoid difficulties?

Try to find where your inner sources of strength lie.

### **Your social support**

Your inner resources are important, but you should turn your attention outward too.

Think about the people around you and the ways in which they can support you.

Who comes first to your mind?

Do you have people in your social circle that share common goals? They are your best bet.

When your motivation is down, they will lift you up and vice versa.

I am sure there are people that will want you to win.

What support can you count on when it comes to sports activities

- People around you: Yes/No
- ...who does sports with you regularly or occasionally: Yes/No
- ...who asks you to go to the Gym: Yes/No
- ....who remind you to exercise: Yes/No
- ....who comfort you when something doesn't go well in sports: Yes/No

Were you physically active in your past?

In goal setting, we sculpted a new future for you.

By traveling back in time in your life, we anchor your present You to your old You.

Which types of physical activities or sports gave you a blast in the past?

Why should you not be able to pick this activity up again? It might not be on a competitive level, but the fun is still there.

### Stage 3)

#### Motivation

Motivation starts with thinking about the benefits and the burdens of a healthier lifestyle.

If you can convince yourself that the benefits are greater than the costs, you are in a good starting position.

A cost-benefit analysis is the most objective thing you can do.

What advantages and disadvantages do you see for yourself if you exercise regularly?

If I exercise regularly, then					
...I feel physically fitter	0 (not at all)	1	2	3	4 (very strong)
...can maintain or reduce my weight?	0 (not at all)	1	2	3	4 (very strong)
...I can meet nice people	0 (not at all)	1	2	3	4 (very strong)
...I feel mentally more balanced	0 (not at all)	1	2	3	4 (very strong)
...I can improve my appearance	0 (not at all)	1	2	3	4 (very strong)
...I can reduce my health risks	0 (not at all)	1	2	3	4 (very strong)
Another benefit, namely	0 (not at all)	1	2	3	4 (very strong)

Your advantage value: .... points

How important do you think the following disadvantages are?

If I exercise regularly, then					
...I can easily hurt myself	0 (not at all)	1	2	3	4 (very strong)
...I get into situations where I make a fool of myself	0 (not at all)	1	2	3	4 (very strong)
...are my complaints only worse	0 (not at all)	1	2	3	4 (very strong)
...that it is sometimes too exhausting for me	0 (not at all)	1	2	3	4 (very strong)
...I get into situations where I am afraid of failing	0 (not at all)	1	2	3	4 (very strong)
...I don't have time for other things anymore	0 (not at all)	1	2	3	4 (very strong)
Another disadvantage, namely	0 (not at all)	1	2	3	4 (very strong)

Your disadvantage value.... points

My benefit expectation

Benefit value	minus	Disadvantage value	=	Benefit expectation

The higher your expectation of benefit, the greater your motivation to start or continue exercise.

What if your perceived disadvantage is higher? Do not throw the towel yet.

It is ok to emphasize more movement if exercise is not the right fit at the moment.

Keep working through the material.

#### 4) Ideas, resources and plans

To find the right sporting activity for you, you first need a suitable idea. The better your idea “suits” you, the stronger the motivation will be.

Write down all ideas and think about which one is the best.

Then, make a decision. Combine the “what” with “Why” to make the implementation easy.

- What activities am I good at?
- What activities do I enjoy?
- What activities can I do with my friends and my partner...?
- What sports facilities are there at my place of residence?
- Is there qualified guidance?
- When do I want to train?

Write down your ideas for sports and exercise. You do not have to decide now, it is about collecting ideas.

Which physical activities might be suitable for you?

The 2 pw-check challenges (see below) you with three questions.

### 1) Does the idea suit me?

This activity suits me. I can imagine doing this activity for a long time. I`ll have a lot of fun with it.

### 2) Is the idea workable?

My idea is realistic. Example: The swimming pool is very close. The opening times suit my schedule.

### 3) Is the idea effective

With this activity I can really achieve my health goal. Example: Through endurance sports I can improve my condition and lower my blood pressure.

### Movement Ideas

Movement ideas	Appropriate	Practical	Effective
1			
2			
3			

### Sports Ideas

Movement ideas	Appropriate	Practical	Effective
1			
2			
3			

After some brainstorming, it is now time to get specific. Choose one movement idea and one sports idea.

Your plan starts with a strong resolution, e.g.

**Exercise resolution:** "I intend to cycle to work during summer."

**Movement plan:** From now on, on weekdays (when) I will cycle to work on the forest path (where). I'm doing this alone or with (with whom)

Example 2: Implementation of your sports resolution in a sports plan

**My Sports Resolution:**

"I have the resolution to do back exercises again."

**My sports plan:**

"Every Tuesday at 6 p.m. (when) I go to the Gym (where) for my back exercises. I'm doing this with Maria (with whom)."

Now it is time to bring it all together in a plan

1. First enter your movement resolution and your sports resolution.
2. Then determine, when, where and with whom you want to do your activity

**My Movement Plan 1**

My Movement Resolution

When will I do this activity?

Where will I do this activity?

With whom will I do this activity?

I will begin this activity on (Date)

**My Movement Plan 2**

My Movement Resolution

When will I do this activity?

Where will I do this activity?

With whom will I do this activity?

I will begin this activity on (Date)

My sports Plan

My sports Resolution

When will I do this activity?

Where will I do this activity?

With whom will I do this activity?

I will begin with this activity (Date)

If you have made it this far, you have a high chance of seeing success in your exercise goals this year. You can always come back to your plan and make changes. Better yet, see the progress you have made.

### 5) Barrier Management

Last but not least are obstacles. You are guaranteed to meet them. The best approach is to anticipate them and plan countermeasures. There are inner and outer barriers.

Most outer barriers are basically inner barriers. After all, it is usually not the external circumstances themselves (e.g., professional demands), but rather your subjective perception that turns it into a barrier.

So look for ways both inside and outside.

**Inner barriers:** Moods, feelings and thoughts that prevent you from implementing what you set out to do.

**External barriers:** All outside your control.

Sources of external barriers

External sports barriers	Doesn't matter to me				Plays a big role for me
Occupational demands (no time for sports)					
Family commitments					

(e.g. childcare)					
Partner keeps me from doing it					
Other leisure activities (hobbies)					
I need a lot of organization for my sports activity (e.g. climbing)					
Lack of sports facilities					
No suitable sports partner					

Sources of inner barriers

Inner sports barriers	Doesn't matter to me				Plays a big role for me
Comfort and inertia ("inner bastard")					
Fatigue (after a hard day)					
Depressive mood (life crisis)					
Fear of injury (when cross-country skiing)					
Fear of embarrassment (e.g. not being able to keep up with fitness class)					
Lack of self confidence ("I can't do it")					

Looking at the inner and outer barriers, which are the main barriers among them?

My main inner barrier

My main outer barrier



What counter strategies will you use to overcome your main inner and outer barriers?

My counter strategies:

1
2
3

My counter strategies

1
2
3

### **The last stage**

You may be at the beginning of a new phase of life with more movement and exercise.

I sincerely hope that you are already experiencing the initial positive impacts. That means you are feeling better, healthier, and more self confident.

Pat yourself on the back for all you`ve accomplished.

Still having trouble to make movement/exercise a staple in your daily life?

Hit me up in the comments or connect with me via X.

We can hop on a call anytime.