

The Embodied Soul's Guide for
**BUILDING
A BODY
PRACTICE**

Crafting a Lifestyle of Mindful Fitness
& Energy Awareness



LESSON 1 + 2 OUT OF 6!

A note about this packet:

It's the 1st two lessons taken from my guidbook! I think these two foundational concepts are great support tools for any body-practice that is built in respect body-respect, and self-loyalty!



Zandra

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YOUR BODY IS YOUR TEAMMATE

The most important concept!

You've set an intention by starting this course. Like the heroine in her journey, you are saying "YES" to the journey. From here, you will be learning a whole new way of relating to your body. And I applaud you, encourage you, and support you in the nurturing steps you will take to love yourself and your body moving forward.

Our societal upbringing often neglects the art of embracing, understanding, and deriving joy from our bodies. But with you, a change is on the horizon.

Your purpose here is to establish a practice where you consistently engage with your body in a nurturing manner. If you did this every day, for a year, imagine the impact it would have on not only your physical body, but your confidence, your sense of pride, and your connection to your body and soul.

Envision this act of 'showing up to your body' as if you were meeting a coach, attending a doctor's appointment, or engaging in a rendezvous with a friend or relative.

Picture yourself consciously arriving at your body as if it were a dedicated training session – that, my friend, is the essence of a body practice.

A "Practice" implies a customary, habitual, or expected way of doing something. Since our bodies often take a back seat during work, tending to others, or daily tasks, it becomes imperative to deliberately allocate time for our precious bodies.

Before going further into this lesson, grasp the extent to which both you and society remain disconnected from your bodies—unaware and out of touch. It's a poignant realization, and it's perfectly acceptable to feel a sense of sorrow about the minimal time and gratitude allocated to the remarkable vessel that is your body.

It's okay to even feel sadness about how little time and gratitude the body gets, in relation to just how much it does for you.

Becoming an Embodied Soul through building your own Body Practice extends beyond routine; it empowers you to consciously show up for your body every single day, rediscovering a connection that is your natural right.



Here's how:

Recognize that you are not with your body nearly as much as you are in other “centers of intelligence”. For example, you are in your Mental Center when you're doing work and you are in your Heart Space when you're connecting/ talking/ listening to or with other people but when you are in a session with your body, then you are showing up in your Body Center.

I want it to be really clear that you're not truly in your body most of the day. That is why you show up to your body through this training session, daily.

But within the ‘daily’ training session there is flexibility. For example your session might be just a walk or it might be running or jogging. It might be a classic workout, or it might be, “I'm really tired today, I'm feeling really low on energy” or emotionally you're drained, whatever it might be. In response, your training for that day might be stretching, or it might be an epsom salt bath. As long as you're doing something consciously for your body, that is showing up to your body, that is ‘Building a Body Practice’.

This body is not “I”

It is a thing that will degenerate if not cared for.

It is an animal that will disobey if not disciplined.

It is mine for a short time only and during this time I must make the fullest use of it.

In all things, at all times, it must obey me.

I can and will be its master.

This is where I first developed the idea that my body is separate from who I am. This is to me a strong way of saying that your body is something that you borrow, but it is not you, it is not who you are.

Rather, your body is a thing that you are in company with, that you are in a partnership with. That you can have a beautiful relationship with, or a relationship that makes you both miserable.

So what will it be?

You can think of your body in two different ways. These two metaphors will help you relate to your body as a teammate. The way you view your body is the foundation for how you speak to it, how you feel about it, and will influence the way you care for it.

Metaphor 1: Your Body is Like a Work-Horse



A Draft Horse is a type of workhorse- it was bred for strength and power to pull heavy loads such as logging, plowing, and hauling hitches. The draft horse got its name from the word “draft” meaning force required to pull or draw a weight or load.

Your body is very much like a draft horse- it is built for functional work, it’s impressive, strong, and desires to do good work for you.

Except, imagine an owner of this magnificent creature, who asks it to plow fields all day, but then doesn’t give it enough water to recover.

Imagine an owner who expects their horse to perform and work hard, but at the end of the day gives it the lowest quality food, then wonders why the horse keeps getting sick and isn’t keeping up with the demands the owner expects it to meet? Why does the horse put on excess weight- maybe I’ll starve it some more.

This is not a fair relationship at all- the owner demands, expects, and gets angry, and the poor horse gets no gentleness, treats, or off-days, and it’s set up for failure due to the owner’s lack of compassion. Sure, the horse is alive, but is it thriving? Is it treated with respect? Is it thanked for its hard work each and every day, as it should be?

This is so often how we treat our bodies. We drive it harder and harder and wonder why it’s not functioning for us.

This is a relationship that needs to be healed. And just like any relationship that’s damaged and has suffered misunderstandings, it CAN be healed with time, patience, and willingness to know the other party’s point of view.

Another horse example is taken from my aunt who rides Arabian horses for endurance races. These horses are built very differently than a draft horse: They're wiry, thin, lanky and lean. Many riders love the Arabian's natural ability to travel long distances in a short time; they're like ultra-marathon runners of the horse world! Arabians were originally bred to make long rides through the Arabian desert and still be prepared for war after the ride. These horses are so dominant as endurance athletes that an Arabian or a cross has been the winner of the Tevis cup for the past 23 years straight!



My aunt has an Arabian horse named Matlock. Matlock is an athlete because he trains hard and performs to win. So, my aunt treats him like an athlete; buying him the best supplements so he can recover well and build muscle, making sure his physical needs are met- as well as his mental needs like giving him space to be alone and do horsey-things, and giving him rest days in between hard training sessions leading up to an event (no wonder, they won many gold medals!).

Matlock is treated as an equal partner in this incentive to compete in long-distance races. Since my aunt's goal is to win, she does expect a lot out of Matlock, but she also rewards him greatly. The result? A strong bond between horse and rider, many wins, and a happy, healthy horse.

Consider this story and how it relates to your body.

You have a vision of a fitness goal. You want your body to look a certain way, and to feel a certain way. In order to meet that incentive, your body requires care and attention so that it can work for you optimally, and help you achieve that goal.

Let the Horse-Play Continue!

My beautiful sister Victoria is also a horse-trainer. She's been training people and their horses since she was 12 years old. For 16 years she's firmly believed that the relationship between a horse and rider should be mutually beneficial, and nurturing.



So often, her clients are aggressive and rough with their horse when it doesn't listen, when it's scared, when it's uncomfortable, or simply when it doesn't understand what the owner is asking and needs more time to learn.

Does this sound familiar?

How often do we shame our bodies? Talk down to them and say terrible things, when in reality the body needs more time...

As part of her training, Victoria teaches other horse owners how to truly listen to their horse, to understand the horse and its nature and to gain respect from it.

Her approach is entirely holistic and natural. She is upfront with her clients and tells them that her way will yield results, but the results may take longer than if the owner chose a more forceful and harsh approach. Since Victoria's approach is holistic, it goes beyond just training the horse- she looks at diet, at the horse's mental health, how they're treated, triggers or fear-patterns they may be carrying, and how the owner can understand their horse in a deep way to make effective change that will last and feel healthy for the horse, and the rider.

Through her gentle approach, Victoria teaches that consistency and understanding come first, and results will naturally follow.

After all these horse stories I'm sure you get the message!

You can discipline the body in a really hard, rigid and forceful way, and get results....

But to see consistency, the body needs work that isn't too much or too little. Your mind and emotions need space to fluctuate and be balanced. In acknowledging the natural rhythms of the body, you create a symbiotic relationship for you and your body where BOTH of you are happy and at peace.

This can all be done in a gentle, nurturing, and patient way, rather than a forceful, strained way that builds pressure, resistance, and resentment. Like any relationship, eh?!

“You do this for me, I do this for you. Thank you.”

The Work-Horse Metaphor Summarized:



Next page...

I'm going to build a body practice that is a nourishing experience for both me, and my body.

I want to have enough understanding and ability to hear my body's messages:

What it needs for better health.

When it needs to rest.

When it needs to move.

I will not be a merciless, unfair horse-owner. I will be a kind, gentle, and compassionate owner by intentionally thinking about what's best for my body, and not putting my ego first all the time.

I will think from my body's perspective.

When we separate ourselves from the body, it allows us to come from a much healthier perspective. We are no longer thinking "I am my body, and with this distinct separation you are allowing an objective and simplified relationship to your body to unfold. We arrive at thinking of ourselves and our body as two separate things, but on the same team and definitely with respect between the two.

Metaphor 2: Your Body is Like a House-Plant



I dunno about you, but I have lots of plants in my office, around the staircase, and downstairs in the kitchen and living room. Can you relate? Or do you know "a plant person" too? If not, you can step outside and see where landscapers added plants, and the natural brush.

Plants add so much vibrancy to an environment, and I believe people love them because subconsciously it reminds us of our connection to nature; we are nature and we feel more comfortable with bits of nature around us.

Just as we love to see the sky, hear birds chirp, smell blooming flower, walk on the sand and view breath-taking sunsets, we love to see plants in our space.

Let's think of how a house-plant resembles us as humans.

Humans are animals, basically. We were once wild creatures. We lived outside in equatorial forests or as hunter gatherers.

Now however, we're domesticated creatures. We live in boxes, drive in boxes, sit at a box to work and sit in front of another box to get entertainment and we even hold this mini box in our hand to get instant messages and watch people's lives.

With all this domestication comes a loss of connection to what we once innately knew to do. We are no longer connected to our human primal instincts which are part of our reptilian brain.

We've evolved in many great ways, but one repercussion is how removed we've become from nature. This means we have to be that much more aware and conscious of those primal instincts. We have to search for what's lost and be deliberate with what we want to regain.

Enter, the house-plant! When a plant is removed from nature and brought inside (to live in a box) then WE (the owner) must then provide what nature would have provided.

A tree in its natural environment doesn't need you to water it- a tree is going to be fine. It's meant to thrive in the wild. It doesn't need human intervention, it doesn't need Epsom salt baths. It's going to be a tree.

The same applies to our body. We have to be more conscious of what we're giving ourselves, now that we're domesticated and removed from our natural habitat. **We have to be more conscious of the types of foods we go and buy** because we have access to all these things that aren't natural.

So, your body needs your help. It needs your care because there are so many options when we shop for food that can satisfy our ego or our cravings, but they will not allow your body to thrive and grow.

Your body must be cared for like a delicate sprouting plant because it's too tempting to sit on our butts all day given the ease in which we can talk to friends and family virtually through text, video, Social Media, but this is at the expense of the connection to our body and its needs. Sure, that house-plant in the corner hasn't died but when you touch its soil and leaves closely, are they truly healthy or is it just getting by?

Your body has needs for more rest (shade), more energy (sun), more or less water, and vital nutrients in the soil for the roots to grow deeply.

Take Action:

Check in with your body throughout the day by simply acknowledging it. First, inhale through your nose for 4 seconds, and exhale for longer.

If you can do that a few times today, you're already strengthening the relationship between you and your teammate.

Next, after a few cycles of slow breaths to connect and calm the body, you can ask it a simple question:

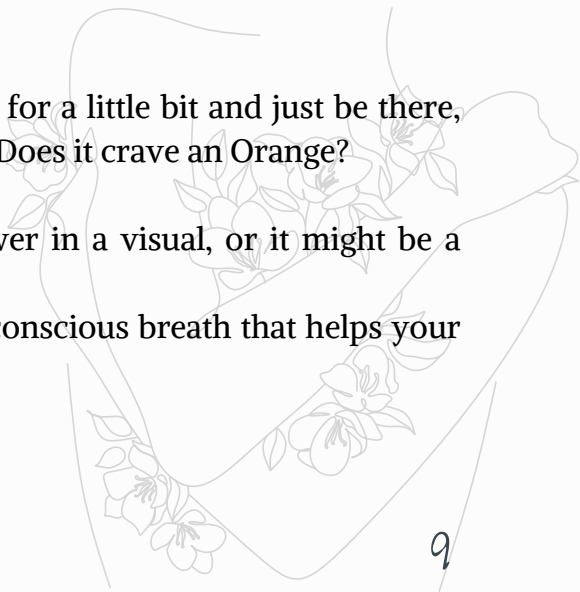
"What do you need?"

Does it need water? What does it say? Does it need to sit down for a little bit and just be there, and not do anything for a moment? Does it need to get fresh air? Does it crave an Orange?

Simply ask, and then feel what it says. You might get the answer in a visual, or it might be a knowing in your mind.

Either way, you can take this lesson into practice by practicing conscious breath that helps your nervous system relax, and then asking your body what it needs.

Train your ability to tune into your Body's Center of Intelligence.



Final Note:

When you're in your body space, when you're present with your body, when you're in your body consciously, it's the only time that you have to be fully in the moment, in the present. Your mental space can have you in the present, very engaged with what you're communicating or thinking about in that moment. But the mental space can also take you to the future by thinking about something that hasn't happened. Your mental space could also be reminiscing about good times or recalling past events or you could be longing for something that was. The mental space has the ability to take you to the present, future, or the past.

The same goes for the heart. We can feel and connect with the people that we're with, right there in the moment. But we can also have a longing for something in our heart, a desire coming from the heart for something in the future. We can feel an emotion from a past memory and be taken to that past event. We can cry because we were so sad about something that was, we can smile and feel excited and happy about something that hasn't happened before.

But when you're in your body, you can't put yourself in the future or the past. Your body is the only thing that puts you 100% in the present moment, right here right now.

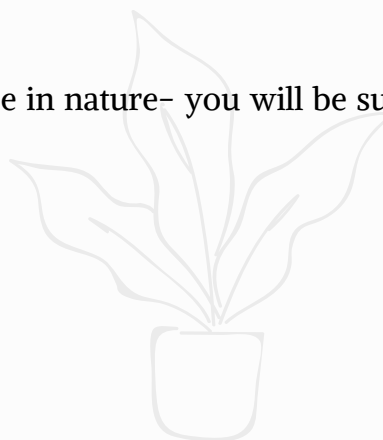
When you're in nature with no distractions, but truly being present; listening to the sounds of nature, listening to the wind in the trees, watching the clouds—you're there and nowhere else.

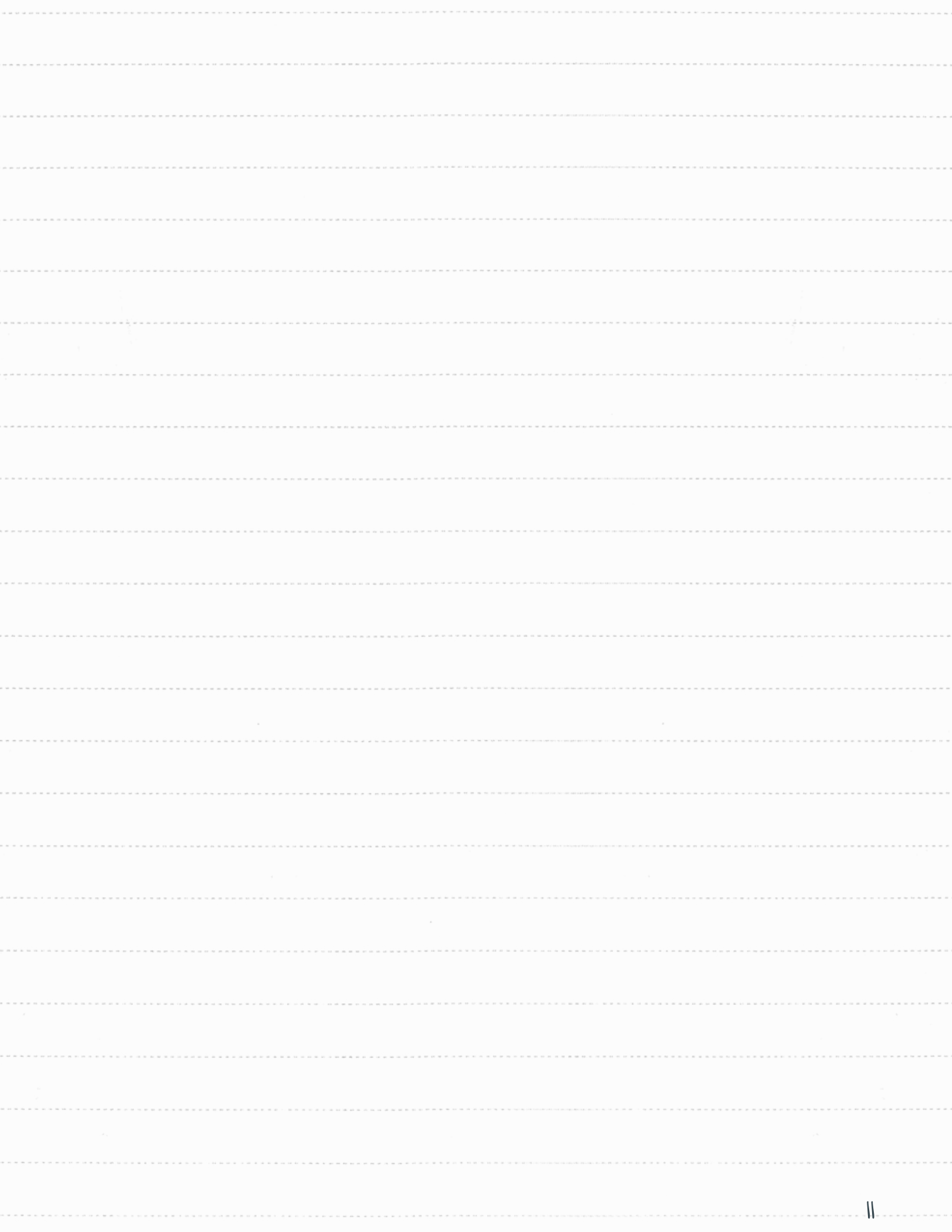
The body and nature are two ways we can come into the present. In our day-and-age, being in “the present” (right here, right now, in this very moment) gives us therapy, balance, and healing. Without intentional time in nature, or in our body, we might be consumed by chronic stress and not even realize it!

It's crucial for our sense of being, our sense of peace, to be in our body every single day, because it's the only thing that really connects us to the here and now (besides nature).

When we're connected to the here and now as humans, we're able to feel a sense of peace and enjoyment in just what is. And that is incredibly important because it's so easy to be in other places, unsatisfied and unable to think clearly, or recognize the actual gift we have, which is to be alive.

Carve out time to breathe, and to be in nature— you will be supported through your BBP work by doing so.





CHAPTER EXERCISE

Your Body Is Your Teammate



TOP 3 LESSONS LEARNED FROM THIS CHAPTER:

IF I THOUGHT ABOUT MY BODY AS A HOUSE-PLANT OR WORKHORSE, HOW WILL THAT IMPACT MY WORKOUTS?

IF MY BODY WAS A CHARACTER IN A BOOK OR A MOVIE, WHAT KIND OF CHARACTER OR DISPOSITION DOES IT HAVE?

I AM INSPIRED RIGHT NOW! THIS IS WHAT MY WISE/CLEAR/MOTIVATED SELF WANTS TO REMIND MY FUTURE SELF:

Tips from Zandra- Talk to your body. Ask what it needs. Is it nurtured, fueled, hydrated? Check in with it throughout your day, and before you workout. Give thanks to your body by telling it what you love.

"It takes as much energy to wish as it
does to plan."

APPOINTMENT WITH SELF

"When its on the calendar it's as good as done"

-Stacie Vokaty

When it comes to how you will book the appointment with your body, there are many options!

Physical Planners:

Some people use a physical planner, like a note-book. You can get a year-planner that starts the day at 6am and shows hour-blocks until 6pm, or you can find a more simple planner that features a blank block of time for each day.

There are SO many types of planners out there; Your local office supply store will have plenty, and so will Amazon and other online shopping sites.

There are more complex, in-depth and holistic journals/planners like The Self Journal, The Law of Attraction Planners (both of which I've used and will say using them is an experience- a great one!) that will help you define goals and attach meaning to those goals with thorough exercises to keep you on-track.

Digital Calendars & Apps:

Apple Calendar, Google Cal, Outlook Calendar, phone apps, and the iPhone's "Reminders" are all perfectly great options for you as well!

Here are some general rules you can adopt to begin this lesson:

1. Use the system that works- FOR YOU.
2. If you don't have a system for planning your day, let alone scheduling your workouts, then start by using a planner or calendar.
3. Start simple to avoid overwhelm or unnecessary complexity.

I do personal coaching with many women who ask for help in this area of their life; how to start being organized, how to plan their "Me-Time" so no one or nothing takes it away. When my clients first come to me they say, *"my life feels chaotic- how do I manage my time better, how do I make my goals happen?"*

This chapter will give you an overview of what I work on with those clients.

From Self-Disappointment, to Self-Loyalty

I was never known for being organized or responsible. In fact, I probably had the opposite reputation growing up; always starting and stopping projects. Not once stepping foot in a gym. My feelings and emotional highs-and-lows swung me here and there like a rag-doll, and I had no real focus or direction in life.

In my mid-twenties I stumbled upon a style of fitness that was very appealing to me. That's where my decade of CrossFit training, coaching, and gym management began.

By the time I'd competed for 8 years and was running events in our gym and to our community, I was responsible for getting sponsors for those events, meeting with potential clients, answering inquiries, and meeting current clients for goal-setting sessions, personal training, and whatever else might be happening that month, week, or day.

You could say I was stressed-the F-out! I had NO calendar. And other than what I would remember in my head if I was lucky, or frantically write on little scraps of paper in the office or post-it notes that I'd slap on the wall which would eventually lose their stickiness and end up on the floor, I had no system.

I would regularly forget about meeting people, or get crunched for time and have to cut my workouts short, or miss it all together. When I'd miss a workout I'd try to make it up the next day, dutifully fitting it into my schedule and doing double-training. And it was exhausting.

Since it was clear that I did not respect my time, other people also got that message, and my time was regularly absorbed and taken by others; random "stop-bys" at the gym with no appointments by members who just needed to talk, scheduled 30 minute appointments would turn into an hour, I would run over when I coached classes... no time-structure existed in the way I operated, though I wanted to be an organized and timely person. Because I was so loose and available with my time (no boundaries), I was constantly saying yes, putting my plans second to other people's wants, and then hating myself for not following through on what was important to me.

I felt like I was running around with a cluttered mind, a constant sense of being behind, with a big neon sign over my head that said:

"Time-Vampires, come suck my time right from me- you need it more than me!"

I LOOKED like I had it "together" as an athlete, coach and gym manager. I know many women who can relate to wearing "many hats" and being "super-moms" but inside, they are stressed, constantly forgetting and beating themselves up about it. *They know there's a way to do it all and not be stressed out about it, but they don't know where to start.*



maybe I was stressed-out but this past-self taught my current-self how to be consistent, and taught herself how to use a planner!

**I'm telling you- the Start Point is here.
It's scheduling time for yourself, and using calendar to plan your days.**

It was a mess.

All the while as the business went along, I was also adamant about my training to make it to higher levels of competition each year. It was a tough balancing act- juggling day-to-day operations of a gym, being a partner with a man I loved, and doing my daily workouts to stay in the game. Friendships and family were at the very bottom of the list.

Oh wait, no- my personal health and mental sanity were.



You could say I learned fast, and hard, that this way did not work.

So I began using a planner, first. I remember going to Office Depot and finding the kind I liked. I used that for a year. I scheduled my classes, my lunches, and breaks, and my one-on-one appointments there.

Then someone gifted me the Self Journal- I love it!

A year later I bought my first Freedom Mastery/Law of Attraction Planner. Things were getting serious!

I now use Google Calendars and heavily rely on this system for my workouts, my work (how do you think I got this workbook finished for you and all the awesome tools that come with BBP?!), and my personal life.

A digital calendar is now best for me because I can edit and move things around easily. If an appointment changes, I don't have to white-out or erase, it's a simply few clicks of the mouse (or drag of the finger on a phone), and my day is easily rearranged.

And since I meet with people, I can easily connect Zoom links, or send them calendar invites.

A system for planning my days is how I learned to balance my life, and show up to myself. A calendar of some kind is a fundamental ingredient in the recipe of Self Loyalty.

But it only starts there.

Having a calendar is one thing.

Using it daily and refining it is game-changing.

Tell Me More!

The main concept of appointment with self is you want to treat the scheduling of time with your body the same way we would treat scheduling time with someone else.

If you met a friend for lunch, you'd want to make sure you show! So you'd be very responsible, right? You'd make sure you were prepared, getting ready to meet, arranging for a babysitter or asking for a family member to watch, giving yourself enough time to get ready, leaving the house on time- you might even change your regular eating time to have lunch with this friend.

Think of your body as this friend. What do you need to do to show up to it, daily? How much time do you need?

Do you meet your body every day for an hour, or are some days going to be a shorter meeting because you expect certain days to have certain "flows"?

These are all questions to ask when setting up the Appointment with Self (with body).

What if you had a dentist appointment? You'd be aware of that meeting time, and probably have it written down or an alert on your phone scheduled. And if something came up and you couldn't make the appointment, would you just not go? Unlikely- you'd call the office and cancel, and you'd rearrange the appointment for another time.

If you 'just didn't feel like it' would you not go to your doctor's appointment?

Treat the appointment with Self as you would the appointments with professionals. Don't bail. Be responsible, and rearrange the schedule to make it happen.

Tips and Tricks For Having Your Very Own Schedule (that works FOR you)

Use colors to represent different "types" of meetings.

Color coding makes it easier for your brain to understand what it sees, in less time than it takes for it to read.

For example, blue ink might indicate "meeting with someone."

Pink ink might indicate "meeting with myself" or "personal time"

Red might mean, "don't forget"

The trouble is, if you need to change something, you'll need to erase or white-out in some fashion.

Which brings me to the next point-

Your Calendar is a Living Document



If the time with your body is scheduled at 10am, but something happens, takes your time, and now it's 11am and you still haven't started, then you should move the appointment with your body to later in the day, and rearrange your planner or calendar as needed THAT DAY, as soon as you realize the plan has changed.

That means the calendar is an accurate record of what happens in your day.

It will be very helpful for you to have a visual representation of the things in your day, the amount of time they take, and how shifting those "blocks" around makes achieving your goals possible for the day.

For example, let's say it's Tuesday night, and you just planned your next day.

Wednesday looks like this, as planned the night before:

8am- you block out an hour to make/eat breakfast

10:30am- Appointment with your Body 1 hour

1pm- run errands 2 hours

But when Wednesday comes you had a late-start, or something comes up and you're now running an hour behind.

You would then move your workout block down to the evening, to stay on track for the errands and still eat breakfast.

In other words, shift things around to see other possible scenarios play out for your day. Adapt, and change the schedule as it happens.

This is truly empowering because you will find YOU are the planner of your day. YOU choose where things go, instead of being thrown around by *what happens to you*. And in time, you will get better at managing your time, saying "no" and respecting your boundaries, your goals, your time, your health.

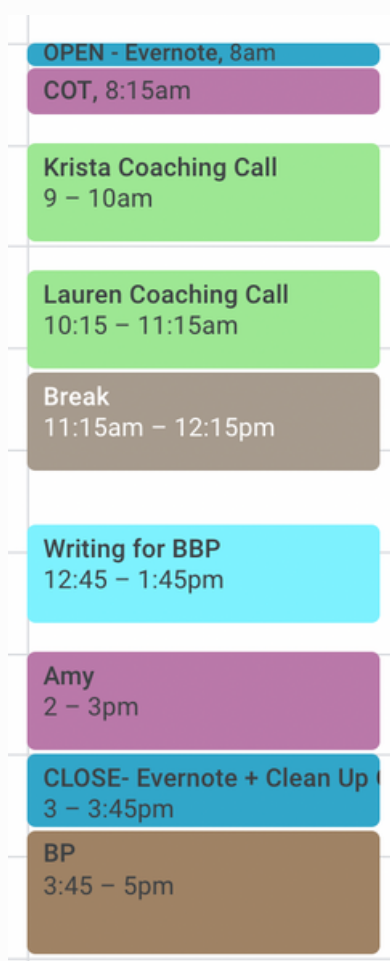
The Lingo

I probably should have mentioned what I mean by “blocks.” A **block** is a calendar block of time dedicated to something. A 30 minute block to get ready. A 90 minute rest and eating block. A 45 minute Body Practice block.

A calendar type, or **event type** is the different areas of your life that you spend your time on the most.

In my personal system I have thirteen calendar “types,” with 13 different colors to represent each one. This might be a complex system for someone starting out, but just keep in mind I started with a simple planner. It’s been a six year evolving process and now this is what works for me.

Here’s a personal example of six of my event “types”:



By the way- if this chapter stresses you the heck out, I recommend you do not skip it.

Sit with yourself, ask why? Why do I feel this way?

Feel the emotion that comes up.

Give yourself the grace and permission to take it slow. Breathe through your nose, invite your body to relax with you. Then take ONE simple step at a time.

An example of a simple step may be simply writing 3 things to do tomorrow that is important to your body (1), your goals (2), and your relaxation time (3).

Even more simple? Write ONE thing you will accomplish tomorrow and stick with the habit of writing ONE thing for a month.



You got this!

You can see there's a dark turquoise calendar type. Dark turquoise in my system stands for "anchoring routines" - things I do regularly, every day to help me start and end my day. **Anchoring Routines** keep you grounded and organized. That is one event "type."

The pink blocks stand for **personal work**. Meeting with a friend, things related to personal healing or even getting nails done would be in pink. The pink indicates a personal event.

Green represents "**meeting with someone**"-this is business-related. (A meeting with a friend would be pink, whereas a meeting with a client is green)

Shades of brown represent the body- I think of it as being connected to Earth. So my eating blocks are a soft brown, and my **Body Practice** blocks are dark brown. So, even if an Epsom salt bubble-bath was the conscious choice for my Body Practice for the day, it would be in brown, on the calendar.

Finally, the light blue or turquoise represents work for **my business**, ZandraMind. This example shows a writing block for this chapter that you're reading now!

In this screenshot of my calendar there are nine blocks.

**In Google Calendars you can create specific calendars, for different types of events. If you choose to use Google Calendar you would select "Other Calendars" on the bottom left of Calendars> Create New Calendar.*

This is where I have 13 "Calendars" so that when I create a new event, I select what area of my life to categorize it: Meetings, Anchoring Routines, Conscious Eating, Personal Event, ZandraMind Work, Mental Center, Body, Study (the rest are not used regularly).

- Meeting
- ⚓🌱Anchor Routines
- 🙌🌱Conscious Eating
- 🌸 Personal Event
- 👑💎ZandraMind Work
- 🧠 Mental Center
- Body
- Level Method Theme ONLY
- place-holding
- Reminders
- soft reminder
- Study
- Tasks
- Zandra Mind Themed Day

Take Action:

- Define 3–5 main areas of your life.

With my clients I always recommend starting with these 5 basics event types (or these 5 "calendars" if you are using Google Cal): Body Practice, Eating, Work/Study, Meetings/Work, Personal.

- Choose 5 colors to represent these areas.
- Plan your day tomorrow with your Body Practice included.

Remember, keep it simple, and be realistic. It's always better to under-commit, and over-deliver than to over-commit and under-deliver. It's easier on the psyche and will keep motivation up if you start small and easy.

Your Calendar Makes Saying “No” and Setting Boundaries Easier

“Sorry I can’t, I already have an appointment...” is the number one way to say “no” to things that at one time felt like an obligation. This is also a great line to hear yourself say because it builds up self-trust and Self-Loyalty because you are choosing YOUR plan, and YOURSELF first, before others.

Most of my clients begin working with me because they want help working out consistently. They don’t know why they have such a hard time sticking to their plan, but they do know what gets in the way– kids, other people’s plans, last-minute change in plans, something they forgot about now gets bumped up the list of Priorities, and just like that– WHAM!– no time to workout!

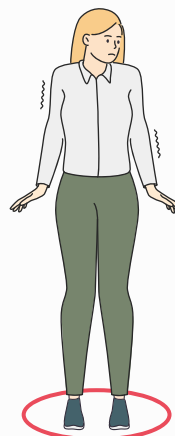
When you keep a calendar you can say “no” as easily as you would if you had a doctor’s appointment at that time.

A friend invites you somewhere– *“Sorry I can’t do that time because I have an appointment, how about we meet at X time instead?”*

A spouse or partner wants to watch a movie with you– *“I’d love to do that! I’ll be done with my workout in an hour, so how about we do it at X time?”*

A coworker requests a meeting– *“I definitely want to meet about this but I have an appointment that’s ending at that time– can you do later?”*

The key is, start valuing your appointment with your body, and don’t budge. You wouldn’t cancel a very important appointment with someone else at the drop of a hat if someone needed something, so why do it with your body?

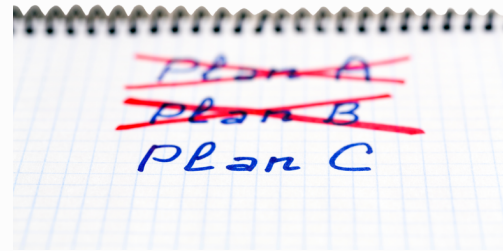


All in all, a lack of consistency is often a boundary issue, and a self-trust issue. Now you know the solution for both.

But Zandra, What Happens When My Day Gets Away From Me?: Plan A, B, and C To the Rescue!

Even when you plan, shit happens.

Don't beat yourself up.



It's normal to have things outside of your control sweep in and steal your plan away from you. This is part of life! Instead of being angry, frustrated, or shaming yourself, be adaptable.

If you can't workout in the morning when you planned, look at your planner and find the time later in the day, or evening when you CAN make it happen. This is a "Plan B" – not the ideal Plan A, but an alternative.

Can't find another time on the same day? Then resort to your Plan C- 10 minutes of breathing, stretching, taking a walk, or a bubble bath as a simpler, shorter way to still show up to your body. Remember: we're training consistency + Self-Loyalty here! Not perfection!

Next, if Plan B and Plan C are truly impossible, Plan D is next: keep your chin up because tomorrow is a new day. You can make up the workout then, or just carry on with whatever your workout plan was for tomorrow, and make the missed session up next week on this day.

See? There are always many options for you. Get away from all-or-nothing mindset and be adaptable. Empower yourself with many options, and take action!

Reality Checks: Using Your Calendar As An Accurate History

Using a calendar is a GREAT way to reality-check yourself. How often do you FEEL like you're not making any progress, or like your a failure, when someone close to you points out all the progress you've actually made? They might have a list of reasons why you should be proud, or what HAS gone really well, and you begin to see thanks to their reminders and review of what's actually true that, "oh, that's true...I guess it wasn't as bad as I thought."

Your calendar is this friend.

When you keep a calendar or planner of your days, and what actually happened, you can go back in time ANY time and see for yourself what workouts you did, what you've been doing for your body, how you felt, etc.

I recommend ending each day with a brief overview of how the day felt for you and what was enjoyable and challenging in your workouts. This acts as a record-keeper for those days you need a reality check because you can review what's actually happened and see your trends, see what needs to change and what is working.

This is how you refine your system. By looking at the past...

YouTube Is Your Friend

If you've reached the end of this chapter and you don't know how to use the calendar on your phone or computer, or if you aren't sure which planner to buy or which app is best, type in a Google search or watch a YouTube video of someone explaining the pros and cons of digital or analog planners, or how to use the tool in question.

It's simple, so don't make it hard!

You can get help with virtually anything you need through internet searches, or YouTube.

Remember, the main objective of this chapter is to get you using a planner of some kind (Step 1), and to include "Body Practice" in it (Step 2)- and to be realistic and revise it as you go along (Step 3).

To wrap things up, here's one last thought:

The things that have worked for me the very most when it comes to empowering myself and being organized-not only when I was competitive in CrossFit and running the gym , but also as a life-coach and having my own business- are the things that I'm teaching you in Building a Body Practice.

These same concepts of showing up to my body, Self-Loyalty, and creating a life of Balance are what I used to go from a people-pleaser who was constantly stressed and tired, to now. I am in a much happier place, in all areas- spiritually, physically, relationally, career-wise, and my head is clear.

I use the concepts I'm sharing with you in BBP to this day- it's my way of life and I invite it to be yours because I know how it will help you to step into the person you know you are already- you just need a plan for how you **become** her!



MY SUMMARY NOTES

Appointment With Self



TOP 3 LESSONS LEARNED FROM THIS CHAPTER:

IF SOMEONE WANTED TO SCHEDULE SOMETHING WITH ME, WHERE I ALREADY HAVE AN APPOINTMENT WITH MY BODY, WHAT ARE 3 POLITE WAYS I SEE MYSELF SAYING "NO"?

IF MY SCHEDULE CHANGES AND EFFECTS MY APPOINTMENT TIME WITH MY BODY, WHAT IS A HYPOTHETICAL PLAN A, AND A HYPOTHETICAL PLAN B?

Tips from Zandra- Make the Appointment with your Body a recurring event on your calendar- literally. First plan your "Skeleton Schedule" for the week: the time you wake up, eat, and sleep. Then fill in the rest of your "event types". Don't plan a complicated day- prove to yourself that you can stick to the basics for a few weeks, consistently. Then revise or add-on as needed. The goal is not perfection-- the goal is to be consistent, and learn from your past week.

There is no "supposed to be" in bodies.

The question is not size or shape or years of age, or even having two of everything...but the wild issue is, does this body feel, does it have right connection to pleasure, to heart, to soul, to the wild?

Does it have happiness, joy? Can it in its own way move dance, jiggle, sway, thrust? Nothing else matters.

