

a Life Change booklet from



TotallyFitMom.com

7 Indispensable Truths

»»»» *VITAL* »»

to being a



Totally Fit Mom



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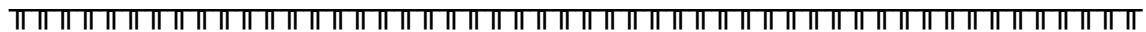
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7 Indispensable Truths *Vital* to being a **Totally Fit Mom**

.....
“Totally Fit” in Body, Mind, and Soul
is where You’re *Meant* to Be!

Totally Fit – with every part of you balanced . . . Looking and feeling your best – **That’s exactly where you’re meant to be.**

You were created to *look* good, *feel* good, and *perform* at your peak abilities. You were meant to live every day with *energy* and *satisfaction* that your life *is making a difference* in this world.



- ◆ You were *not* born to live in exhaustion . . .
You were created to live in *health!*
- ◆ You were *not* placed here to endure strained relationships . . .
You were carefully and purposefully created as a beautifully relational person to enjoy *nourishing, vibrant interaction with others!*
- ◆ You were *not* put on this earth to trudge through your days . . .
Your heart and soul are fashioned to *look forward to tomorrow in hope!*



Is a **Totally Fit Life** – in body, mind, and soul – purely fantasy, something you read about in the pages of a book or see on the movie screen? Or is **Totally Fit Living** something that’s actually *real* and *attainable* for you and me?

The *Totally Fit Life* is real.
Being TOTALLY FIT in BODY, MIND, and SPIRIT *can* be your reality.
You *can* have it – *today.*

Begin Here and Now

Everything has a beginning. *Each day* is a new beginning. *This is your beginning.*

Today, you begin by embracing truth – through a heartfelt understanding of 7 facts and realities that are so totally solid, you’ll build your life on them. When you *embrace* these truths and *act on them*, you *become* these truths; you become **TOTALLY FIT**, in **BODY**, **MIND**, and **SPIRIT**.

Do you *truly want* to be **TOTALLY fit**? Do you *truly want* to **LOOK** great, with a body that’s trim and healthy? Do you *truly want* to **THINK** clearly, feel emotionally healthy, and respond well toward yourself and others? Do you *truly want* to **CONNECT** on a deeper spiritual level that makes a difference eternally *and* in the here and now? If you do, then read on.

7 Truths

In order to be **Totally Fit**, your life must be embedded into **TRUTH**. When you **BELIEVE** truth, **EMBRACE** truth, and **ACT ON** truth, your life is transformed into something astonishing, amazing, and extraordinary.

How can you become a **Totally Fit Mom**? Start by embracing the following 7 incredible, indispensable, vital, and living truths. Read them over and over. Let them soak in to your mind and heart. Let them be “owned” by your innermost thoughts and beliefs. Let these truths transform you, and you’ll reach new levels of personal fitness, health, and wellness in your **TOTAL** being – body, mind, and soul – far beyond what you ever thought possible. **Now** is *your* time to become **TOTALLY FIT**.



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TRUTH #1:

You are Exceptionally Valuable, Incredibly Special, and Highly Prized as a Woman and Mom

There is absolutely no one on this earth like you. You have thoughts, ideas, feelings, emotions, logic, creativity, and perspectives that no one else on this earth can live and give.

You were created as a uniquely beautiful person, and purely on that fact – the fact that there is only one “you” – *you are created as exceptionally valuable.*

Somewhere along the line, someone said or did something that took away understanding of what an incredibly special person you are. It might have been a kid on the playground, a co-worker or friend, or even a parent that took a piece of your “special-ness” away. It might have been a circumstance, when a “failure” or mistake threw terrible consequences into your life that bruised and battered your heart. Whatever took that piece of understanding away, know this:

Just because *your understanding of your exceptional value was changed* doesn’t mean you aren’t valuable. The truth of how valuable you are *still exists.*

When it comes down to the *truth* of the matter, other people’s words and actions can’t change the *fact* that you’re exceptionally valuable. When it comes to the *truth* of the matter, circumstances can’t change the *fact* that you were born as incredibly special. When it comes to the *truth* of the matter, you’ll always be in the position of “highly prized,” because this position was given to you from day one by a God who loves you and created you for greatness.

Unearth the truth that’s hidden deep within your heart. Reject the hurt that pushed this incredible truth away in the first place. Embrace the truth of your value in its fullness. Understand and let this fact sink into and saturate your thoughts: **You are extremely valuable.**

As a Totally Fit Mom, you WILL KNOW your incredible value and ACT on the value of how precious you truly are.



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TRUTH #2:

**You’re here on this Earth to Live a Life of Joy and
Make a Positive Impact on Others**

We were created to live a positive life of joy and hope, not unhappiness and pessimism. Our lives are meant to be lived in peace, not chaos. Why do you think we gravitate toward and long for the positive qualities of **joy, hope, and peace**? It’s because **we’re meant to live them.**

We were created to conquer this life, not to be conquered by it. Yes, pain and suffering exist. But we're not created to live within and be destroyed by pain and suffering. We're created to press through it, become stronger because of it, and help others as a result of it. Negative people and circumstances are a given; how we react to them determines our demise or our growth.

We absolutely *must* understand and grab onto the truth that life *can* be joyful – for us *personally*. It's *meant* to be that way. We're *meant* to rise above the awful stuff and *become* people full of joy, hope, and peace. Is it easy? Definitely not. But joy is what we're born for. We're born to be joyful, strong, confident people, able to positively give of who we are into our child, family, friends, and yes, even strangers. **We're born to experience and embrace deep and abiding joy that can't be taken away by people or circumstances.**

If you **understand** all 7 truths in these pages and **act** on them, joy will permeate every part of your life. You *will* be transformed in your thinking and actions in a way that changes your perspectives into joyful perspectives. And when that happens, your joy will positively impact others.

You are meant to live in deep, long-lasting joy. You are meant to rise above people and circumstances. **You are meant to positively influence others with impact, leaving a legacy of lasting influence of joy.** Believe it. Live it.

As a Totally Fit Mom, you WILL KNOW JOY and POSITIVELY INFLUENCE others.



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TRUTH #3:

You are the Only One who Determines What You Accomplish

Our minds and thoughts are incredibly powerful. Deep-seated beliefs either destroy us or cause us to accomplish extraordinary feats of strength and influence.

Here's the way it works:

1. What we believe in our hearts determines our thoughts. In other words, our heart beliefs create a conversation that's always running on the inside of our heads.

2. Our inner thoughts determine the emotions that we feel. In other words, what I'm saying in my head takes me to a place of either positive or negative feelings or emotions.
3. Our thoughts, coupled with those feelings and emotions, determine how we act, what we do, and how we behave. Now I respond to my life a certain way because I'm thinking and feeling a certain way.

My beliefs led me to thoughts. My thoughts led me to emotions. My emotions led me to actions. This is the process we live within each and every moment of our lives.

As Eleanor Roosevelt once said, absolutely no one on this earth can make us feel inferior without our permission. We hold the power within us to drive the chain reaction of beliefs-thoughts-feelings-actions to accomplish *positive* results.

Here's an example of how the beliefs-thoughts-feelings-actions thing works:

Let's say that my friend called me on the phone this morning and said, "I can't meet with you later on today like we originally planned; I need to clean my house – it's an absolute mess!" On hearing those words, I can say to myself (in my head), "I can't believe it! She's canceling on me! I've been waiting all week for this time to get together, and at the last minute, all she can think about is her messy house. She must care more about her housework than our friendship. I changed my calendar in order to spend time with her, and she can't even show me the basic courtesy of keeping a commitment. Now what am I going to do? Boy, she's really put me in a bind and thrown off my entire day."

If these are the words I'm thinking, the words running around in my head, then there are undoubtedly negative, unhealthy beliefs lurking in the background that led me to these inner words . . . beliefs like, "She cares more about her housework than me" and "She has ruined my day." Those negative core beliefs led to an avalanche of inner words that brought on feelings of rejection, anger, and pessimism. Embracing negative, poor beliefs and "speaking" inner negative, poor thoughts led me to feeling badly emotionally. What are the outward actions that come out of all of this? I'll scowl, scuff my feet, maybe snap at my spouse or kids, and make poor choices in the way that I go about my day. All the while, I'll feel unhappy on the inside and act unhappy on the outside.

But what if the whole scenario was different? What if, on hearing my friend's words on the phone about not coming over, I said to myself (in my head), "I was looking forward to us getting together, but it's OK that she made the decision not to get together. I'm glad my friend's able to take the time to get things in order within her home. I know what it's like to feel overwhelmed by housework, and I can certainly empathize with her. Besides, this frees me up now to do a few things I wasn't able to do before. I'm sure that, sometime soon, we'll find time to connect."

With these words, I "believe in the best" – for the situation and for my friend. I consider my friend's needs above my own, and the result is positive and peaceful. With these "inner words," I feel empathy, kindness, and hope for a positive day. I act positively and

am productive in the use of my time while feeling positive inner emotions that bring positive results in my life. Pretty positive all around, isn't it?

In both the first case and the second, beliefs and words create emotions and actions. In *your* life, which feelings and actions would *you* rather have?

We hold the power to believe, think, feel, and act. No one owns your heart beliefs but YOU. No one can make you think; only YOU can make the thoughts in your head. No one can make you feel sad or angry or anxious; through your beliefs and thoughts, YOU are responsible for your feelings. No one can make you do anything; only YOU can act and move. That's superb "news" – for we can act of our own free will to choose the direction of our lives – regardless of outside circumstances!

Through this inner process of beliefs-thoughts-feelings-actions, we become better people, people who live a lifestyle of growth, influence, and accomplishment. Beginning in our hearts and minds, and traveling into our feelings and actions, **we are the only ones who determine what we'll ultimately accomplish.**

As a Totally Fit Mom, you will have CONFIDENCE in yourself to believe, think, feel, and act in a way that ACCOMPLISHES GREAT THINGS.



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TRUTH #4:

Your Moment-by-Moment Choices Create the Big Picture

Every life is made of years; every year is made of months; every month is made of days; every day is made of hours; every hour is made of minutes; every minute is made of seconds. Seconds create your life. At any second, you can change your life. Every "now" is a new now.

We've had Legos™ underfoot in our home for years . . . 24 years, to be exact. And I suppose that in 15 more years, when my youngest turns 18, he'll pack up his Legos™ to give to *his* son or daughter some day. That'll be 39 years of my life filled with stepping on, picking up, and building with Legos™. We've created hundreds of thousands of towers and robots, castles and creatures, and through it all, I've learned a few things about Legos™.

Every single creation starts with one piece. Then another. And another. If I don't like what I'm making, I take the piece off that I don't like and put a different piece on. Eventually, if I stick to the process and don't quit, I end up with the creation that I first envisioned – or, at least, something close to it. Sometimes what I end up with isn't at all like I thought it would be; as I'm putting my Lego™ creation together, piece by piece, I think of something different or even better to make, and my original vision – and creation – takes on new form.

There are different ways to approach building with Legos™. I can be creative and “wing it.” If I do take this free-and-easy approach, I often enjoy the process, but I may or may not like what I end up with. Or, in another approach, I can use a printed guide and follow directions, in order to make more amazing objects that someone else already thought through and planned out for me to create. Especially if I want to put together an advanced “12 and up” model that becomes a masterpiece in its own right, I absolutely can't do without the directions. Last, but not least, if I want to make my creation faster, with more understanding (and many times, less frustration), I ask someone to come along side me to put the pieces together – someone who has skill. Someone who's done it before. Someone who has an interest in helping me and who really enjoys Legos™. Then the whole process is a great experience, and I end up with something that's amazing.

Life is like Legos™. Our life is put together piece by piece, moment by moment. If we don't like what we're making, we can go in a new direction – use a new piece, as it were. Eventually, if we stick to it and don't quit, we end up with the life we first envisioned – or, at least, something close to it. Sometimes what we end up with isn't at all like we thought; sometimes it's even better, as the original vision for – and creation of – our life takes on new form.

We can “wing it” in our lives, with no real plans or direction, and we may – or may not – come up with something that we're happy with. We can also use “guides” from the wisdom of God and others, and “following directions” brings us to more amazing places than “just winging it.” And if we want the creation of our lives to move into positive places more quickly, with high understanding and maximum results, we can choose to bring others along side us on the journey – a mentor or friend with skill in fashioning the particular direction we want our lives to go.

The bottom line is this: **It's the little pieces – the little moments – that ultimately make our lives. Our little choices are just as important as our big ones.** If we want to make a big change, move one little piece. Great monuments are built brick by brick! Great lives are built moment by moment! Begin the momentum *today*.

As a Totally Fit Mom, your DAILY CHOICES will take you to the big picture you've ALWAYS DREAMED and WANTED.



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TRUTH #5:

Your Body, Mind, and Soul are Intertwined Together

Our body, mind, and soul are all connected. If we don't properly take care of our bodies, our minds and souls are affected. If we don't take care of our minds, our bodies and souls are affected. If we don't take care of our souls, our bodies and minds are affected.

The opposite is also true. Caring for our bodies positively affects our minds. If we care for our minds, we make good choices for our bodies and souls. When we care for our souls, our spiritual lives positively influence our choices for caring for our bodies and minds. Sound complicated? It isn't, really.

What happens when I don't get enough sleep? My thoughts (in my mind) are skewed, and I perceive the world (or another person) is "off," when really I'm just grumpy from lack of sleep. What happens when I don't feed my mind with healthy thoughts? I get sucked into poor thinking patterns and start acting poorly with my body and in the way I spiritually relate to others. What happens when I don't nurture my spirit? Then I don't see life with "spiritual eyes" – eyes that care for others, with perspectives that make good choices in how I spend my time and energy.

The TotallyFitMom.com Circle beautifully illustrates the intertwined nature of our lives:



The lines are connected, never ending, smoothly joined together in the center. Like the three side spirals, the three parts of our lives – body, mind, and soul – exist as intertwined, connected; yet they join together in the center to form the completeness of our existence. Each part influences the balance of the other.

If we want to live balanced lives, we must balance all three parts of who we are – body, mind, and soul. That’s exactly what the Totally Fit Mom program is all about: total balance in your life . . . Total fitness!

- ◆ Total Fitness in your Body
- ◆ Total Fitness in your Mind – *and*
- ◆ Total Fitness in your Soul.

As a Totally Fit Mom, you will have the INNER STRENGTH to BE the BALANCED and BEAUTIFUL woman and mom you’ve *always* wanted to be.



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TRUTH #6:

**Your Life will Ebb and Flow as it Moves Forward . . .
Just Keep Moving Forward!**

Obstacles WILL come. Period. No question about it. Life is full of them. Don’t try to run from them, hide from them, or bury them. The only way to overcome obstacles is to work through them and grow.

Walls can be taken down. Hills can be climbed over, bulldozed, or tunneled through. The only time we fail is when we quit. The only time we lose out is when we stop moving forward.

Is it easy? Almost never. But is it worth it? Always.

So many times we quit, and the answer is just around the corner. The downward slope is just over the top of the mountain. Whatever cliché you can come up with, use it! Just take hold of the truth that **forward motion gets us places.**

My attitude and actions totally affect whether or not I’ll move forward. My body needs to be at its peak, my mind needs to be sharp, and my soul needs to be tapped into the Source of strength to move forward through an obstacle. If we want to keep moving forward through the ebb and flow of life, it is absolutely crucial to live a Totally Fit Life. The more “in shape” we are in our body, mind, and soul, the more we’re able to handle life’s obstacles, and the more quickly we’ll make headway against a negative tide crashing

against us and trying to knock us down. The more fit you are, the more triumphant you'll be!

Keep moving forward! Keep going! Keep straight on! Don't give up! You absolutely CAN do this! The best results, the best life, is yet to come – and if you give up now, you'll never see it, feel it, hear it, taste it, totally embrace it, and ENJOY it!

As a Totally Fit Mom, you WILL have the STRENGTH and POWER to MOVE FORWARD!



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TRUTH #7:

You have Everything Available for You to Succeed

Truth exists all around us. It's here for us. Knowledge. Information. Ideas. New thoughts, new perspectives, new attitudes. New ways to look at everyday challenges. New solutions for you and your life.

When it comes to our bodies, we want to **look great** and **feel great**. You CAN have a Totally Fit Body! We'll show you how. You have everything you need here, including knowledge of where to go to find the top answers for total health, wellness, and fitness. Need more energy? We'll show you how to get it. Need to lose weight? We'll show you what to do. Want to shape your body? You can.

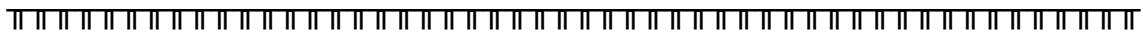
When it comes to our minds, we want to **think clearly** and **feel healthy emotions**. As a Mom, we want to mentally and emotionally be on top. We want to know what to do in order to have close relationships with our kids. You CAN tackle discipline, learning challenges, and sibling rivalry. You CAN tap into tried-and-true wisdom as well as new findings on how to best connect with your child. We'll give you new thoughts and practical answers – answers based in reality . . . answers that *work*.

We want to mentally and emotionally be on top as a woman. We want to know what to do in order to be strong yet caring, successful yet sensitive, accomplished and, at the same time, humble and delightful in spirit. We want to be able to balance tenderness and beauty with strength in depth of character. We want to embrace our role as a woman. You CAN be a beautiful woman, versatile, flexible, and powerful in who you are on the inside.

When it comes to our souls, we want to **be connected**. We want to live our lives with inner purpose. We want to be moved in our spirits, to touch the finger of the Creator, and then to reach out and touch others with life-changing Power. You CAN have a rich spiritual life that renews your mind and heart daily. We'll give you tools and new perspectives that do just that.

But information and knowledge isn't everything. We're relational beings; we need connection. Especially as women and moms, there's a part of us that's born to connect. Here you'll find weekly connection. Support. Encouragement. Building you up. Giving you hope. Keeping you strong. Standing by your side.

As a Totally Fit Mom, you'll have everything you need to SUCCEED.



Will you embrace these truths?

Will you make a decision to become what you've always dreamed of?

Will you commit to being a Totally Fit Mom?

Now's the time.

**If you want it, you can have it.
Be a Totally Fit Mom. Join us.
Log on to www.TotallyFitMom.com and
Make a commitment to
Become all you can be.**

**Body, mind, and soul -
Together, we make it totally happen.**



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