

HEALTH & FITNESS MOTIVATION WORKBOOK

WELCOME!

This workbook accompanies a two-part podcast series with [Coach Allan Misner](#) and [Bernie Borges](#) of the Midlife Fulfilled Podcast.

Allan and Bernie recommend you listen to each podcast episode for optimal use of this workbook. The podcast episodes are clearly labeled "The 40 Plus Fitness and Health Motivation Workbook Part 1" and "The 40 Plus Fitness and Health Motivation Workbook Part 2". Visit [this page](#) to listen to these podcast episodes or type this URL into your browser: midlifefulfilled.com/health-fitness-workbook.

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podcast

PART One

COMMITMENT



“Without commitment, you cannot have depth in anything.”

~ **Neil Strauss**

WHY

“He who has a why to live for can bear almost any how.” ~ **Friedrich Nietzsche**

What are you currently dealing with in your health and fitness? Consider these seven areas: energy, illness, pain, appearance, confidence/self-respect, physical capacity, and relationships.

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PREDICT YOUR FUTURE

Looking at your family history and your current health status, how do you expect these seven areas to change if you do nothing?

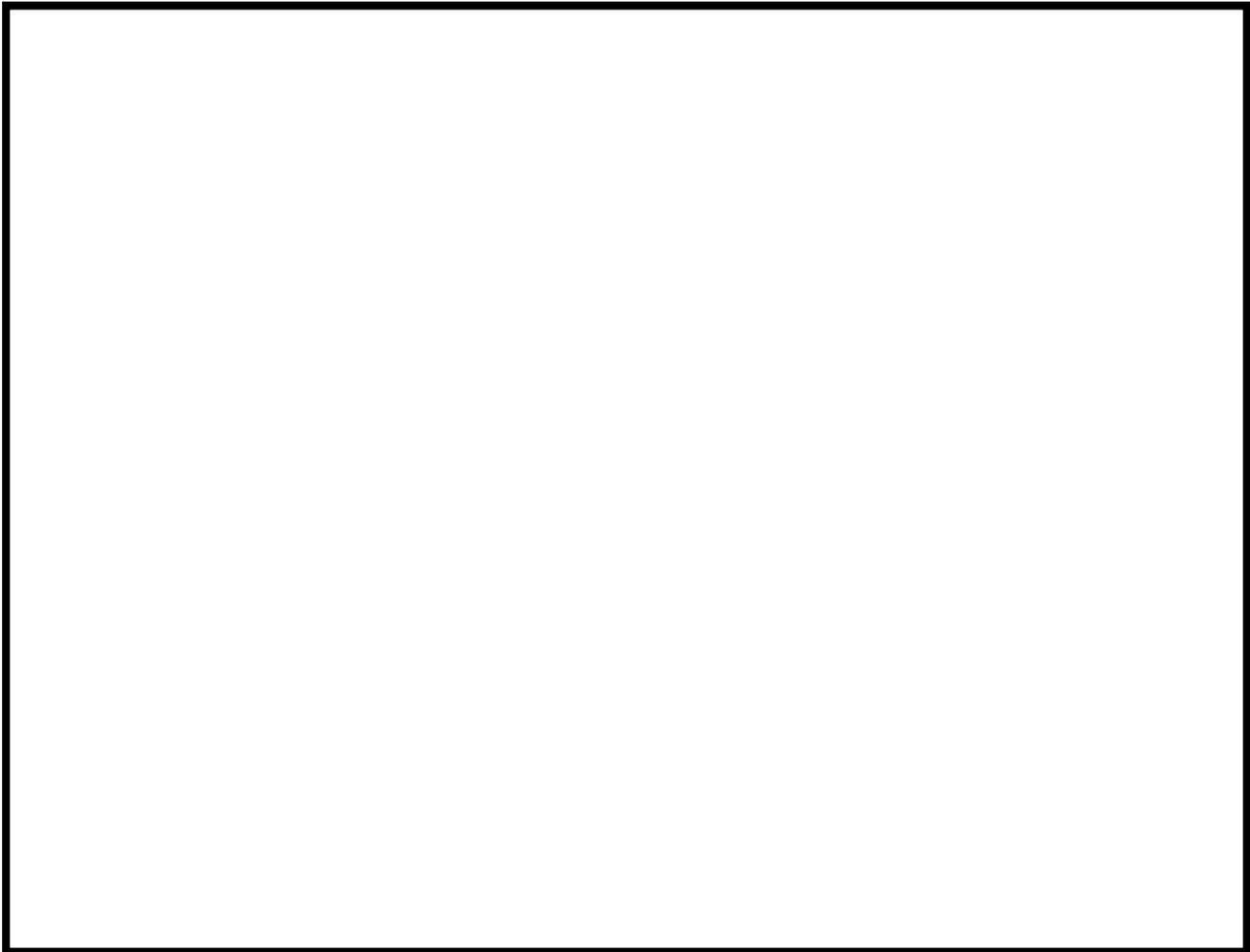
DRAFT YOUR WHY STATEMENT

Dig deeper using the "5 Why's Method."

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Once you've determined your core "why," draft your final why statement.



Note: Why statements tend to be evergreen, but it's worth re-engaging in them on a regular basis if nothing more than to remind yourself why you're doing hard things.

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“Create a vision of who you want to be, and then live into that picture as if it were already true.” ~ **Arnold Swarzenegger**

VISION

Your vision is a clear picture of what **Fit for Task** looks like for you. Fit for Task is a concept for fitness and health where you’re training yourself to be who you want and need to be.

Your vision should truly address your desire. This includes what you need to be and what you want to be. Then, define your timeframe based on where you are now and how you want your aging curve to play out.

	NOW	FUTURE
NEED		
WANT		

Note: Once you’ve mapped out a clear vision, you can use this to define the specific things you’ll need to do to reach that vision. We don’t always have a clear vision at the start. It is worthwhile to revisit your vision regularly to ensure you’re working on things that matter to you.

PART One

COMMITMENT

Example: Allan is 58. He has his “now” where he is physically capable and healthy. He has a 12-year “retirement” lifestyle vision and a 50-year, independent lifestyle vision.

	NOW	FUTURE
NEED	Physically Capable and Healthy	12-Year “Retirement” Lifestyle
WANT	Gain Strength and Stamina, Injury Free	50-Year Independent Lifestyle



PART One

COMMITMENT

COMMITMENT STATEMENT

“Commitment is what transforms a promise into reality.” ~ Abraham Lincoln

Your commitment statement is putting it all together to make a statement built on self-love.

Example: “I, Allan am committed to improve my health and fitness because I want to look and feel younger longer and I want to remain active and independent as long as possible to be there for my family.”

Write your commitment statement:

I _____ **Name** _____ am committed to improve my health and fitness because

Vision

to

Why

PART One

COMMITMENT

"Vision without action is a daydream;
Action without vision is a nightmare."

~ **Japanese Proverb.**

YOUR PLAN

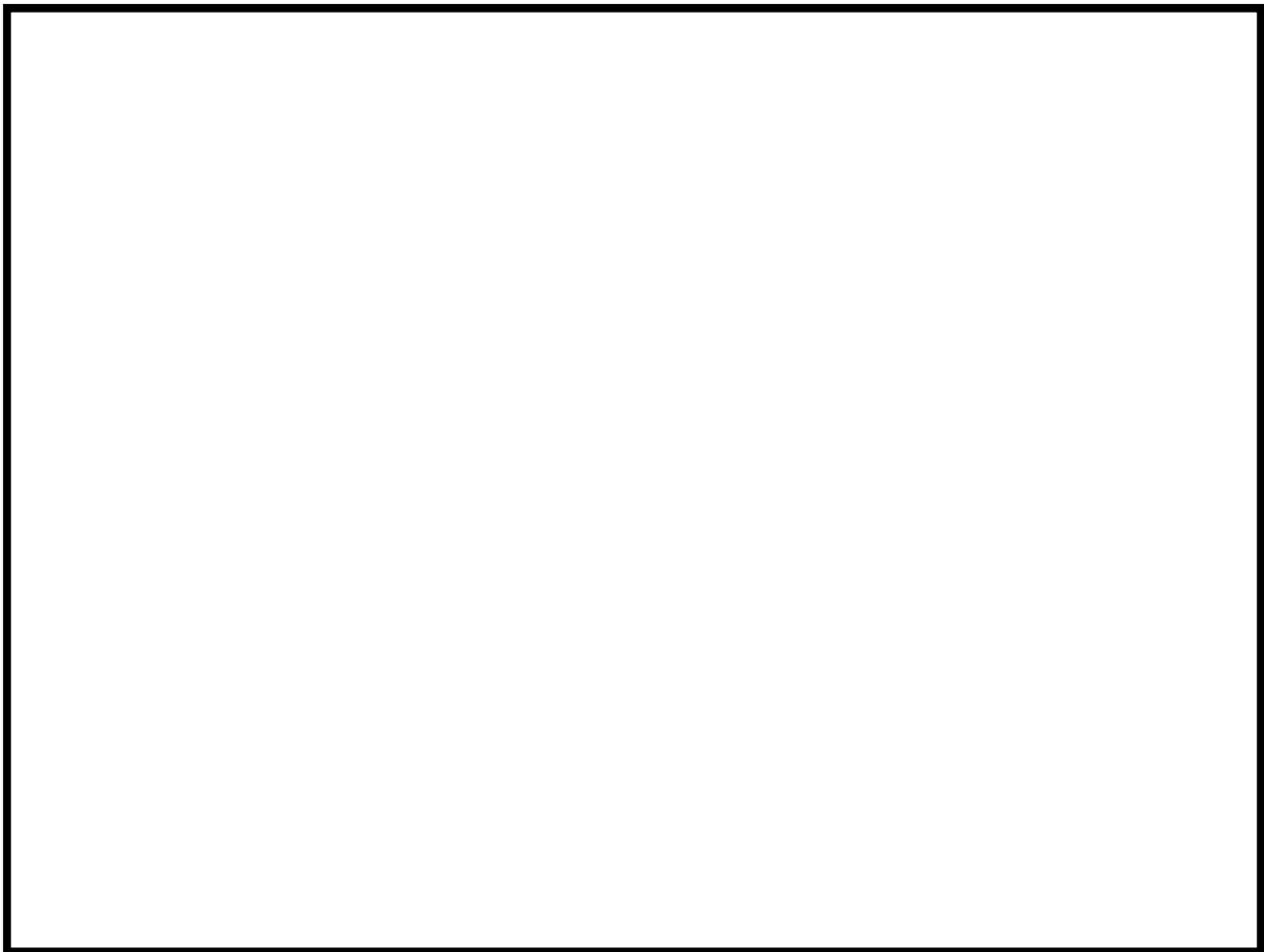
Taking your needs and wants from your vision statement, what is the most reasonable first step you must take?

Are there any prerequisites you'll need to do before this step is possible?

PART One

COMMITMENT

Can that first step be broken into micro-steps? Breaking a goal into smaller parts allows you to stack the odds in your favor. It also sets you up for quick wins, which will boost your confidence.



Reminder - Limit yourself to 1 - 3 goals at first. We've included space for each of your 3 goals.

PART One

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GOAL SHEET

If you need another goal sheet [click here](#) to open one in your browser.

Action _____

Specific _____

Measurable _____

Achievable _____

Relevant _____

Timebound _____

Do a confidence check on your ability to reach this goal by rating your confidence goal on a scale of 1 – 7 (1 is low, 7 is the highest). If you get anything but a 7, consider breaking it down further or scaling it back a bit until you're 100% confident you can achieve this goal.

1

2

3

4

5

6

7

Notes:

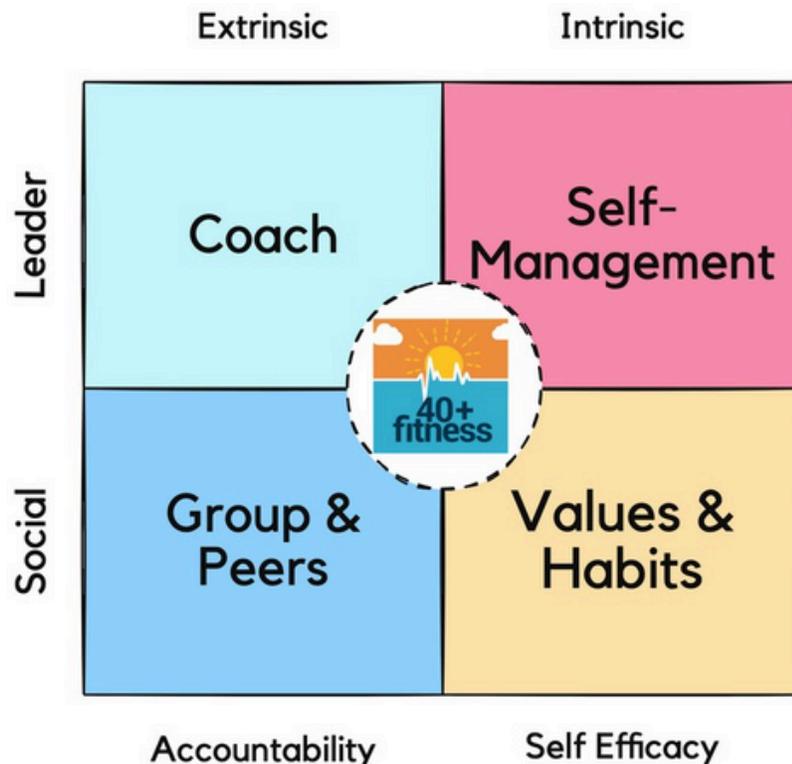
PART TWO

MOTIVATION

"It is during our darkest moments that we must focus to see the light."

~ Aristotle

Motivation Map



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PART TWO

MOTIVATION

EXTRINSIC/ACCOUNTABILITY

“Accountability is the glue that times commitment to the result.” ~ **Bob Proctor**

Leader/Coach

Do you trust this person?	Y	N
Will this coach’s approach work for you?	Y	N
Is this coach comprehensive or focused on particular goals?	Y	N
Is this coach an educator?	Y	N
Will you like working with this coach?	Y	N
Will this coach really hold you accountable to your goals?	Y	N

- ✓ Provide the coach with your written goals.
- ✓ Ask them to monitor you and provide feedback.

Group/Peers

Are there family and friends in your life who would be helpful in holding you accountable to your goals?	Y	N
Are there family and friends in your life who would sabotage your efforts toward reaching your goals?	Y	N
Are there any groups you can join that would help you reach your goals?	Y	N
Share your written goals with the people who can help you and eliminate/minimize exposure to potential saboteurs.	Y	N

PART TWO

MOTIVATION

INTRINSIC/SELF-EFFICACY

“Develop success from failures. Discouragement and failure are two of the surest stepping stones to success.” ~ Dale Carnegie

Self Management

Start by taking the **quiz**. Click the button below.

TAKE THE QUIZ

What result did you get on the quiz?

Co-Pilot Tires Windshield Pedals Atlas

Based on your primary mindset type, what strategies and tactics should you implement to optimize your efforts.

*If you need more goal sheets, [click here.](#)

PART TWO

MOTIVATION

SLIP-TO-SUCCESS PROCESS

The path to better health and fitness is paved with lessons learned from every slip along the way. The "Slip-to-Success" process is designed to help you not only identify when and why a slip occurs but also to ensure you continue taking constructive action thereafter. This tool encourages you to reflect on each setback, understand its causes, and develop strategies to maintain momentum in your health journey.

By learning from each mistake, you can turn potential discouragements into valuable opportunities for growth and resilience.

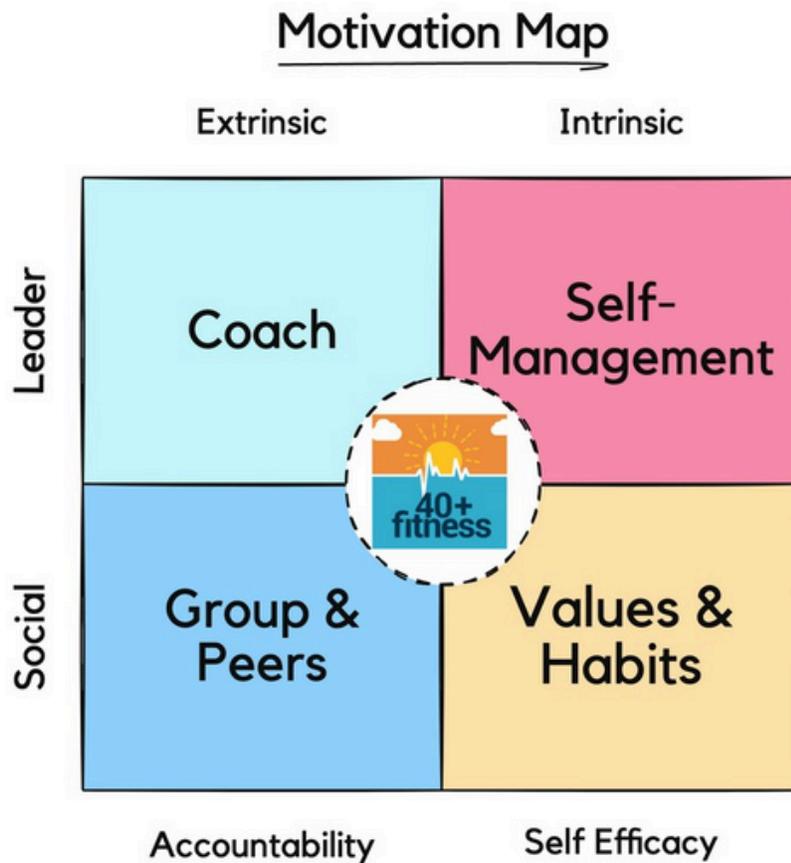
Do you need to document a separate goal to implement your slip-to-success action plan?

Y N

*If you need more goal sheets, [click here.](#)

GET Motivated

YOU DESERVE TO BE HEALTHY & FIT



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WHAT'S next

YOU DESERVE TO BE HEALTHY & FIT

The Health and Fitness Motivation Workbook is a resource* designed to inspire and motivate you to commit to a healthier, more active lifestyle. Remember, the journey to fitness and optimal health is continuous and ever-evolving. Consider your individual circumstances. Revisit your goals, vision, and motivation regularly to stay on track. For additional support and resources, visit midlifefulfilled.com/podcast and 40plusfitness.com.

Start today, stay committed, and embrace the journey to a fulfilling and healthy midlife!

***Disclaimer** - This resource is not medical advice. Consult with a healthcare professional for medical advice that applies uniquely to you.

THANK you

MEET THE CREATORS



Allan Misner, aka Coach Allan, is a National Academy of Sports Medicine (NASM) Certified Personal Trainer, a Precision Nutrition Level 2 Master Coach, and a Functional Aging Institute (FAI) Certified Functional Aging Specialist. He went on to earn specialties in Corrective Exercise, Performance Enhancement, Behavioral Change, Fitness Nutrition, and Online Personal Training. He is the creator of the thriving 40+ Fitness Community, providing one-on-one and group fitness coaching, nutritional guidance, and personal training for clients over the age of 40. Visit <https://40plusfitness.com/> to learn more.



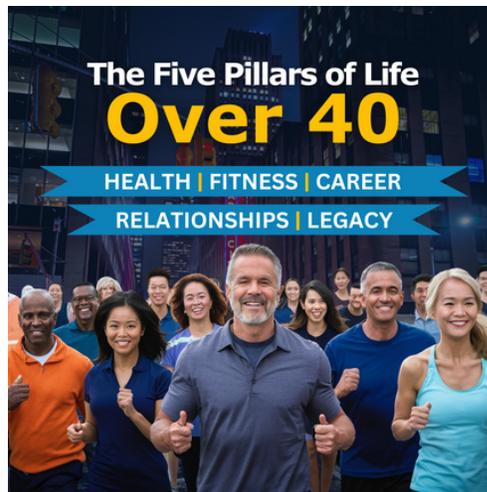
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MEET THE CREATORS



Bernie Borges is a midlife life coach and advocate and hosts the Midlife Fulfilled podcast. Bernie harnesses his decades of marketing communication experience to communicate the virtues of finding fulfillment over 40 across the five pillars of life: Health, Fitness, Career, Relationships, and Legacy. He is available to consult and deliver workshops to businesses seeking to improve midlife workforce fulfillment. Visit <https://midlifefulfilled.com> to learn more.



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