

Alpha Females

30 Day
Self-Confidence
Booster

Anel Bester

Welcome to Fighting Fit Fifty

Hey Gorgeous

One of the most powerful lessons I've learned on my journey, is the incredible connection between body and mind.

There's this magnificent dance that takes place between the two of them where you can unlock greater levels of resilience and self belief in your mind through your body and then use the mind to take the performance of your body to a new place.

During the next 30 days we're going to test this theory through the FFF - Fighting Fit Fifty consisting of squats, push-ups and burpees with some planks thrown in for a little extra spice.

The important part is NOT doing the exercises, but instead, bringing your AWARENESS to the process SO THAT you can start understanding the deeper workings of your mind and how it impacts your actions and ultimately your results.

Each and every day you will receive journaling prompts and even though on the surface they seem repetitive, they're not! Think of it as peeling an onion where every day is an opportunity to peel back another layer and go to the heart of what matters - YOU!

My recommendation is that you print out this workbook and make it part of your daily personal development work.

You're so worth it.

Day One - BEAST MODE ON!

Today we're going to physically TEST where you're at, so that you can measure your improvement and CHOOSE your strategy for the next 30 days.

MAX FFF TEST

Max number of push-ups completed:

Did you do on your toes / knees?

How do you feel about this number?

What's your target in 30 days?

Why that number?

How will it make you feel?

Which other areas of your life will that feeling impact?

Day One - BEAST MODE ON!

Max number of squats:

How do you feel about this number?

What's your target in 30 days?

Why that number?

How will it make you feel?

Which other areas of your life will that feeling impact?

Day One - BEAST MODE ON!

Max number of burpees:

Which level did you do: Beginner / Intermediate / Advanced

How do you feel about this number?

What's your target in 30 days?

Why that number?

How will it make you feel?

Which other areas of your life will that feeling impact?

Day One - BEAST MODE ON!

FFF Strategy:

BEAST SUPREMO - one set of 50 straight for each with a 2 minute recovery between exercises

BADASS BEAST - 5 sets of 10 push-ups, 10 squats, 10 burpees with a 2 minute recovery between sets

LIKE A BEAST - 5 sets of 10 push-ups, 10 squats, 10 burpees staggered throughout the day

Remember, you can UPGRADE your strategy, but you can't DOWNGRADE! Commitment all the way.

Day One - BEAST MODE ON!

FFF Strategy:

Which strategy am I choosing trusting that my decisions are always perfect for me?

Why this one? Go deep into the reason

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How does this strategy challenge me physically, mentally, emotionally?

How will this commitment grow me? How will I be different at the end of seeing this through?

Day Two

Actions:

Fifty Squats

Fifty Pushups

Fifty Furpees

30 Second Plank

Completed



How did you feel about today's FFF before starting?

At which point did it start hurting?

What did you choose to do at this time?

Day Two

Why? What's the story that was happening in your mind?

Where else in your life does this story play out?

How did you feel about yourself at the end of the workout?

Day Three

Actions:

Fifty Squats

Fifty Pushups

Fifty Furpees

30 Second Plank

Completed



How did you feel about today's FFF before starting?

At which point did it start hurting?

What did you choose to do at this time?

Day Three

Why? What's the story that was happening in your mind?

Where else in your life does this story play out?

How did you feel about yourself at the end of the workout?

Day Four

How did your body feel this morning?

How are you feeling about taking a rest day?

What has been your greatest insight in the last few days?

Day Four

How can you translate this learning to other areas in your life?

What can you acknowledge yourself for today?

Day Five

Actions:

Fifty Squats

Fifty Pushups

Fifty Furpees

30 Second Plank

Completed



How did you feel about today's FFF before starting?

At which point did it start hurting?

What did you choose to do at this time?

Day Five

Why? What's the story that was happening in your mind?

Where else in your life does this story play out?

How did you feel about yourself at the end of the workout?

Day Six

Actions:

Fifty Squats

Fifty Pushups

Fifty Furpees

30 Second Plank

Completed



How did you feel about today's FFF before starting?

At which point did it start hurting?

What did you choose to do at this time?

Day Six

Why? What's the story that was happening in your mind?

Where else in your life does this story play out?

How did you feel about yourself at the end of the workout?

Day Seven

How did your body feel this morning?

How are you feeling about taking a rest day?

What has been your greatest insight in the last few days?

Day Seven

How can you translate this learning to other areas in your life?

What can you acknowledge yourself for today?

Day Eight

Actions:

Fifty Squats

Fifty Pushups

Fifty Furpees

60 Second Plank

Completed



How did you feel about today's FFF before starting?

At which point did it start hurting?

What did you choose to do at this time?

Day Eight

Why? What's the story that was happening in your mind?

Where else in your life does this story play out?

How did you feel about yourself at the end of the workout?

Day Nine

Actions:

Fifty Squats

Fifty Pushups

Fifty Furpees

60 Second Plank

Completed



How did you feel about today's FFF before starting?

At which point did it start hurting?

What did you choose to do at this time?

Day Nine

Why? What's the story that was happening in your mind?

Where else in your life does this story play out?

How did you feel about yourself at the end of the workout?

Day Ten

Actions:

Fifty Squats

Fifty Pushups

Fifty Furpees

60 Second Plank

Completed



How did you feel about today's FFF before starting?

At which point did it start hurting?

What did you choose to do at this time?

Day Ten

Why? What's the story that was happening in your mind?

Where else in your life does this story play out?

How did you feel about yourself at the end of the workout?

Day Eleven

How did your body feel this morning?

How are you feeling about taking a rest day?

What has been your greatest insight in the last few days?

Day Eleven

How can you translate this learning to other areas in your life?

What can you acknowledge yourself for today?

Day Twelve

Actions:

Fifty Squats

Fifty Pushups

Fifty Furpees

60 Second Plank

Completed



How did you feel about today's FFF before starting?

At which point did it start hurting?

What did you choose to do at this time?

Day Twelve

Why? What's the story that was happening in your mind?

Where else in your life does this story play out?

How did you feel about yourself at the end of the workout?

Day Thirteen

Actions:

Fifty Squats

Fifty Pushups

Fifty Furpees

60 Second Plank

Completed



How did you feel about today's FFF before starting?

At which point did it start hurting?

What did you choose to do at this time?

Day Thirteen

Why? What's the story that was happening in your mind?

Where else in your life does this story play out?

How did you feel about yourself at the end of the workout?

Day Fourteen

How did your body feel this morning?

How are you feeling about taking a rest day?

What has been your greatest insight in the last few days?

Day Fourteen

How can you translate this learning to other areas in your life?

What can you acknowledge yourself for today?

Day Fifteen

Actions:

Fifty Squats

Fifty Pushups

Fifty Furpees

90 Second Plank

Completed



How did you feel about today's FFF before starting?

At which point did it start hurting?

What did you choose to do at this time?

Day Fifteen

Why? What's the story that was happening in your mind?

Where else in your life does this story play out?

How did you feel about yourself at the end of the workout?

Day Sixteen

Actions:

Fifty Squats

Fifty Pushups

Fifty Furpees

90 Second Plank

Completed



How did you feel about today's FFF before starting?

At which point did it start hurting?

What did you choose to do at this time?

Day Sixteen

Why? What's the story that was happening in your mind?

Where else in your life does this story play out?

How did you feel about yourself at the end of the workout?

Day Seventeen

Actions:

Fifty Squats

Fifty Pushups

Fifty Furpees

90 Second Plank

Completed



How did you feel about today's FFF before starting?

At which point did it start hurting?

What did you choose to do at this time?

Day Seventeen

Why? What's the story that was happening in your mind?

Where else in your life does this story play out?

How did you feel about yourself at the end of the workout?

Day Eighteen

Rest with Optional Yoga

How did your body feel this morning?

How are you feeling about taking a rest day?

What has been your greatest insight in the last few days?

Day Eighteen

How can you translate this learning to other areas in your life?

What can you acknowledge yourself for today?

Day Nineteen

Actions:

Fifty Squats

Fifty Pushups

Fifty Furpees

90 Second Plank

Completed



How did you feel about today's FFF before starting?

At which point did it start hurting?

What did you choose to do at this time?

Day Nineteen

Why? What's the story that was happening in your mind?

Where else in your life does this story play out?

How did you feel about yourself at the end of the workout?

Day Twenty

Actions:

Fifty Squats

Fifty Pushups

Fifty Furpees

90 Second Plank

Completed



How did you feel about today's FFF before starting?

At which point did it start hurting?

What did you choose to do at this time?

Day Twenty

Why? What's the story that was happening in your mind?

Where else in your life does this story play out?

How did you feel about yourself at the end of the workout?

Day Twenty One

How did your body feel this morning?

How are you feeling about taking a rest day?

What has been your greatest insight in the last few days?

Day Twenty One

How can you translate this learning to other areas in your life?

What can you acknowledge yourself for today?

Day Twenty Two

Actions:

Fifty Squats

Fifty Pushups

Fifty Furpees

120 Second Plank

Completed



How did you feel about today's FFF before starting?

At which point did it start hurting?

What did you choose to do at this time?

Day Twenty-Two

Why? What's the story that was happening in your mind?

Where else in your life does this story play out?

How did you feel about yourself at the end of the workout?

Day Twenty Three

Actions:

Fifty Squats

Fifty Pushups

Fifty Furpees

120 Second Plank

Completed



How did you feel about today's FFF before starting?

At which point did it start hurting?

What did you choose to do at this time?

Day Twenty-Three

Why? What's the story that was happening in your mind?

Where else in your life does this story play out?

How did you feel about yourself at the end of the workout?

Day Twenty Four

Actions:

Fifty Squats

Fifty Pushups

Fifty Furpees

120 Second Plank

Completed



How did you feel about today's FFF before starting?

At which point did it start hurting?

What did you choose to do at this time?

Day Twenty-Four

Why? What's the story that was happening in your mind?

Where else in your life does this story play out?

How did you feel about yourself at the end of the workout?

Day Twenty Five

Rest with Optional Yoga

How did your body feel this morning?

How are you feeling about taking a rest day?

What has been your greatest insight in the last few days?

Day Twenty Five

How can you translate this learning to other areas in your life?

What can you acknowledge yourself for today?

Day Twenty Six

Actions:

Fifty Squats

Fifty Pushups

Fifty Furpees

120 Second Plank

Completed



How did you feel about today's FFF before starting?

At which point did it start hurting?

What did you choose to do at this time?

Day Twenty Six

Why? What's the story that was happening in your mind?

Where else in your life does this story play out?

How did you feel about yourself at the end of the workout?

Day Twenty Seven

Actions:

Fifty Squats

Fifty Pushups

Fifty Furpees

120 Second Plank

Completed



How did you feel about today's FFF before starting?

At which point did it start hurting?

What did you choose to do at this time?

Day Twenty Seven

Why? What's the story that was happening in your mind?

Where else in your life does this story play out?

How did you feel about yourself at the end of the workout?

Day Twenty Eight

How did your body feel this morning?

How are you feeling about taking a rest day?

What has been your greatest insight in the last few days?

Day Twenty Eight

How can you translate this learning to other areas in your life?

What can you acknowledge yourself for today?

Day Twenty Nine

How did your body feel this morning?

How are you feeling knowing that tomorrow you're testing your new abilities?

What outcome are you choosing for tomorrow?

Day Twenty Nine

Where else will you bring this outcome to fruition in your life?

What can you acknowledge yourself for today?

Day Thirty - I AM BEAST!

Max number of push-ups completed:

Did you do on your toes / knees?

How do you feel about this number?

What's was your target for 30 days?

Why that number?

How does your result make you feel?

Which other areas of your life was impacted?

Day Thirty - I AM BEAST!

Max number of squats:

How do you feel about this number?

What's was your target for 30 days?

Why that number?

How does your result make you feel?

Which other areas of your life was impacted?

Day Thirty - I AM BEAST!

Max number of burpees:

Which level did you do: Beginner / Intermediate / Advanced

How do you feel about this number?

What's was your target for 30 days?

Why that number?

How does your result make you feel?

Which other areas of your life was impacted?

Day Thirty - I AM BEAST!

What's my new story around what I am capable of doing from the FFF?