

# THE F.I.T. heart

As you work through this HEART chapter, my prayer for each of you young women is that you will begin to understand exactly who you are, how you were created and recognize how beautifully unique you were made. There is no one like you and the world needs someone just like you.

I hope you embrace how you were created, find strength in your character and establish your own set of values and principles that will propel you forward in this life. I want to see a generation of young women who are committed, kind, compassionate and gracious to not only those who surround them, but also to themselves. These qualities inhabit a strong woman. Rise up and be strong in health and in heart.

Fellowship ♦ Identity ♦ Truth

# THE F.I.T. heart

FELLOWSHIP



"A true friend accepts who you are, but also helps you  
become who you should be." - Anonymous



# THE F.I.T. heart FELLOWSHIP

Choose your friends wisely and with quality in mind. Who you surround yourself with is one of the most important factors in remaining who you are. Having a positive and supportive “circle of influence” is a major piece to your development as a strong young woman.

Surrounding yourself with the right or wrong people can be life changing...depending on who you choose to be influenced by, your path could be uplifting or unraveling.

Many times we are heavily influenced by the thoughts, opinions and ideas of others. Depending on who's doing the influencing, we can feel empowered or rejected. However, we want to warn you NOT to blow off a very important person that many of us never recognize or credit as the most influential person in your life - YOU!

Your opinions, thoughts, advice and intuition all need to carry weight with you, and your voice matters. You need to be just as gracious, trusting, forgiving, accepting, respectful and loving of yourself as you are of others. It's important to know what your own voice sounds like; to consider your own thoughts, opinions and ideas first and foremost.

We are going to do a “work-in” exercise to reflect on the people closest to you and who you should surround yourself with. I'd recommend putting yourself at the center of your circle of influence and begin to respect, advise and listen to yourself first over many others. This may take some practice and intentional “quiet time” to listen to what your voice sounds like.

Surrounding yourself with the right people is imperative to your growth on the inside. Finding those influencers is also a process and may even become a seasonal exercise. We believe as your life evolves, so do some of your friends and influencers. We think this is an exercise you can repeat every so often as you reflect on how your circle of influence is affecting you.

People come in and out of your life for a reason and a purpose. If a relationship is positive, recognize the value of that relationship and invest heavily into them. If that relationship turns negative or is causing you stress, anxiety or forcing you to question your own personal values, then you may need to choose to create space between you and them. This can even look like “unfollowing” those people and influencers in your life who are causing you to trip up.

I never believe in completely eliminating a relationship unless it's causing harm or is abusive. Everyone deserves an opportunity to connect with us, but we give them permission with how much and how they influence us. You have a choice in who you bring in and out of your own circle of influence.

Your circle of influence can and should include friends, adults, parents, pastors, coaches, teachers, grandparents, aunts or uncles. People you have connections and relationships with already. I believe adding influencers that span a wide range of ages and experiences will give you balance and variety. Seek supportive friends and wise influencers while trusting your own intuition.

*Stay strong. You are loved, you are worthy and you belong.*

## Work-In

### QUESTIONS:

*Reflect on your relationships and current circle of influence as you answer these questions...*

- What qualities do you look for and appreciate in a true friend? What qualities do you provide in relationship?

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- Recall a time in your life when you were positively influenced by someone else. Recall a time when you were negatively influenced and what would you do differently now?

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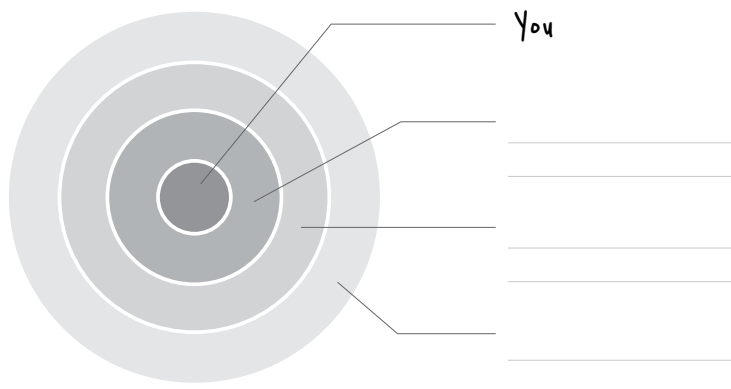
- Is there anyone you should move closer into your circle? Is there anyone you should step away from or move to the outer circles?

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### EXERCISE:

*Name 3 of your closest friends who you can depend on and are the most uplifting to you. Also, name 3 influencers in your life who can sharpen you and build you up to become all you were created to be. Plot them on the “Circle of Influence” according to how much they could change your life for the better. Don’t forget about yourself!*



## Work-Out

### FLOW #1

Video demonstration link:  
[inside-out-strong.teachable.com/courses](https://inside-out-strong.teachable.com/courses)

#### THE “ANIMAL” FLOW

1. Begin in Crab
2. Right leg full scorpion
3. Left leg full scorpion
4. Right leg underswitch to loaded beast
5. Left leg front step return to loaded beast
6. Right leg front step return to loaded beast
7. Repeat (alternating right and left sides)

#### FREQUENCY:

- Flow can be done and is encouraged daily to warm up muscles, establish mobility and connect to your body
- It's great for flexibility, strength, control, mindfulness, breathing, and focus

#### INTENSITY:

- The goal is to find an intensity that's right for YOU and your body - use this as a practice to tune in, pay attention and honor what your body is telling you it needs each day
- You can adjust the intensity with tempo (speed changes), progressions/regressions of each movement and duration (how long you engage in flow)
- Hold a deep stretch in each position and BREATHE

**TYPE:** Restorative, Mobility, Flexibility, Balance, Control

**TIME:** Repeat flow until form breaks down

**REST:** Practicing flow can be your rest and reset

# THE F.I.T. heart

IDENTITY



"Unless you really know who you are, you'll always  
be vulnerable to what people say." - Dr. Phil



# THE F.I.T. heart IDENTITY

Do you sometimes feel like you aren't enough? Or maybe you are too much? Well, you are neither. You are enough just as you are. We always liked to tell our kids and other kids who pass through our home that they are "Born Awesome". We are passionate for them to know that they were awesomely and wonderfully made...just as they were.

This is not to be interpreted with an arrogant tone, but rather an appreciation of the gifts, talents and beauty that has been knit inside of you...you're awesome because you were born awesome. You are created unique and this world needs you to show up. It's up to you to discover who you are, determine what your gifts and talents are, then live them out with belief and purpose.

That's always easier said than done, right. There are many roadblocks or fears that come up when we try to "show up". Roadblocks such as comparing yourself to others, negative self-talk and judgements.

Comparison to others is easy to do in today's culture with our ability to view everyone's highlight reel on instagram at any moment. Comparison is an exhausting way to live and it's guaranteed to steal your joy! You can never, nor were you ever intended to be like someone else. You are an original design. It's a waste of time to compare you, your life, your body and your opportunities to others. In this day and age where we are all trying to stand out and be unique, just striving to be yourself will look different than everyone else.

Another very natural fear is the judgement or criticism of others. No one wants to be rejected. Wanting to fit in and belong is a human need. The dangerous part is when we change who we are to fit in with others or let the fear of other people's judgement cause you to shrink back. We've got to let go of others opinions and stop playing small.

The truth is, you will never escape the judgement of other people. It is a part of life that will never go away. It happens to all of us...even the most talented, beautiful, smartest person you've ever met. Your greatest role model, the most "perfect" person, doesn't ever escape judgement either.

The fear of judgement can start young and others opinions can cut us so deep. You can't let those callous judgements or careless criticism doesn't knock you down and take you out. The solution is to know who you are and fight back with the belief that you are enough. What you believe and think about yourself matters most, but if your self-talk is negative more than positive you are more harmful than helpful.

Here's your chance to gain some clarity on your identity...positive clarity on you. Keep in mind that your words can evolve and change depending on what season of life you are in. Be open to reflecting on this idea for a few days. Let them soak in and begin to really connect to the words that resonate.

Don't become paralyzed with comparison or the fear of judgement. Don't let any person define or label you, especially if they speak out of anger, hate, jealousy, or frustration. What matters most is what and who you think you are. The words you believe define you. Believe in you. You are enough...just as you are.

*Stay strong. You are loved, you are worthy and you belong.*

# THE F.I.T. heart | IDENTITY

## Work-In

### QUESTIONS:

*Reflect on your identity and your self-talk as you answer these questions...*

- What are some words that have been spoken over you that you love to hear and that build you up?

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- What are some words that have cut you deep and caused you to feel rejected or not enough?

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- What practice can you put into place to combat any negative words, thoughts, judgements or comparisons?

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### EXERCISE:

*Circle each word that you think describes you. After going through the complete list, highlight the 3-5 words that describe you the best. I am...*

Able	Active	Adaptable	Adventuresome	Adventurous	Ambitious	Appreciative	Authentic	Aware
Balanced	Bold	Brave	Calm	Capable	Carefree	Caring	Cheerful	Clever
Compassionate	Concerned	Confident	Conscientious	Considerate	Courageous	Creative	Curious	Dainty
Daring	Dedicated	Dependable	Determined	Devoted	Diligent	Direct	Directed	Disciplined
Discriminating	Distinct	Dynamic	Eager	Easy-going	Empathetic	Enduring	Energetic	Enterprising
Enthusiastic	Ethical	Exceptional	Excited	Exuberant	Fair	Fascinating	Feisty	Fervent
Flexible	Forgiving	Friendly	Fun	Generous	Gentle	Genuine	Giving	Gutsy
Happy	Hard Working	Healthy	Helpful	Honest	Honorable	Humble	Humorous	Idealistic
Imaginative	Independent	Ingenious	Inquisitive	Insightful	Integrity	Intelligent	Interesting	Intuitive
Inventive	Jolly	Jovial	Joyful	Keen	Kind	Knowledgeable	Laid-back	Leader
Light-hearted	Likable	Lively	Loveable	Loving	Loyal	Magical	Mannerly	Mature
Mellow	Memorable	Mighty	Motivated	Natural	Neat	Noble	Nurturing	Observant
Open-minded	Optimistic	Organized	Original	Out-going	Patient	Patriotic	Peaceful	Perceptive
Perky	Persevering	Persistent	Pleasant	Popular	Positive	Practical	Principled	Private
Problem-solver	Proud	Quick-witted	Quiet	Rational	Real	Reasonable	Reflective	Reliable
Resilient	Resourceful	Respectful	Responsible	Self-confident	Self-directed	Self-sacrificing	Self-starter	Self-sufficient
Sensitive	Sharp	Sincere	Skillful	Smart	Sociable	Spirited	Spiritual	Spontaneous
Stable	Steady	Strong	Studious	Successful	Supportive	Surprising	Sympathetic	Talented
Thorough	Thoughtful	Tireless	Tolerant	Trusting	Trustworthy	Truthful	Understanding	Unique
Unselfish	Upbeat	Vigilant	Warm	Wise	Witty	Wonderful	Worthy	Youthful

I am

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### HIIT #3 - UNILATERAL BLOCK

Video Demonstration link:  
[inside-out-strong.teachable.com/courses](https://inside-out-strong.teachable.com/courses)

HIIT #3 - UNILATERAL BLOCK	LEVEL DOWN	TIME	REPS
Lunge into front kick (each side)	Lower kick	45 sec	20 each
Push-up Rotations	Lower to knees	45 sec	side
Side-Plank Hip Dips (each side)	Rest bottom knee	45 sec	12 reps
Lateral Lunge pulses (each side)	Top half pulse	45 sec	20 each
Plank Butt-kicks	Hold plank	45 sec	side
Plank Punters (each side)	Rest bottom knee	45 sec	20 each

#### FREQUENCY:

- 3 days a week with 24-48 hours between workouts
- Repeat circuit 2-3x with 1 minute break between each
- Choose to follow timed exercises OR repetitions

#### INTENSITY:

- This should be at a level 3. Push yourself while maintaining proper form
- “Level down” to modify or if form fails
- Need less intensity, lower time to 30 seconds active - 30 seconds rest (or less reps)
- Need more intensity, increase time to 1 minute active - 20 second rest (or more reps)

**TYPE:** High Intensity Interval Training (HIIT)

**TIME:** 10 minute circuit

- 45 seconds of activity - 15 second rest OR Repetition counts
- Total workout time = 10-20 min

#### REST:

- 15 seconds - 30 seconds between exercises
- 1 minute between circuits
- 24 hours between workouts

# THE F.I.T. heart

TRUTH



"They are going to judge you no matter what,  
so let them judge you for your truth" - Bryant McGill



# THE F.I.T. heart TRUTH

Just as it's important to discover and define who you are (your identity), to surround yourself with the right influencers (your fellowship), it's equally important to create your own personal core values and principles so you'll stay true to who you are and live by those values....I call this your truth.

Many successful organizations, companies and even our family have intentionally set core values to operate by. I think it's important to connect with words that define you, but creating values to operate by is what sets those words into action. At Inside-Out Strong we have core values that we base our mission on: 1. Love Big 2. Live Strong 3. Be Genuine 4. Give Grace We try to base all of our decisions and interactions off of these values and even apply them to our personal lives.

You will encounter situations in your life that will challenge you to choose your own values or to work according to other people's values. You will (or already are) be put into situations where you are pressured to make decisions that don't line up with who you are. We refer to this as peer pressure. Peer pressure is directly connected to the fear of judgement and being rejected. The best way to deal with peer pressure is to remember who you are (identity) and what's important to you.

I met a strong girl who shared this story with me. She was a member of a sporting team in college and loved connecting with her teammates. They were her closest friends, but their values didn't always line up with hers. They wanted to party and drink on the weekends, but staying sober and not participating in underage drinking was important to her and something she wanted to commit to. Understandably, she also wanted to fit in and belong.

She decided to go along with her teammates to the parties, but would not participate in drinking. When asked what she was going to have to drink, instead of saying, "A beer" she said, "I'll have chocolate milk". Scared out of her mind and expecting people to make fun of her, she stuck to her values. Her decision was met with jokes, but it was more important to her to be honest with herself and protect her truths, than try to please others.

The fear of judgement was not as strong as her desire to be authentic and true. The choice to stick to her values caused others to respect her far more than if she had participated to fit in. In fact, staying true to her values eventually caused some parties to stock up on chocolate milk for her or others who didn't want to drink alcohol. She not only felt proud about her choice, but it was being met with respect and her actions empowered others who felt just like she did.

This story shows that people embrace and respect strong values regardless of if they agree with them or not. Be honest. Be real. Be strong. Know your values and commit to them.

We want you to create your own set of core values, so that you can operate in line with who you are and how you want to live...that is where you find truth and freedom. Establishing your individual identity and your personal values are small, yet impactful steps that will help you become strong on the inside, but will begin to show on the outside.

*Stay strong. You are loved, you are worthy and you belong.*

# THE F.I.T. heart | TRUTH

## Work-In

### QUESTIONS:

*Reflect on your personal core values and belief system as you answer these questions...*

- Do you know who you are well enough that if you were to walk into a room, you would set the tone of the atmosphere? What would that atmosphere feel like?

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- What does the phrase 'be true to who you are' look like to you?

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- When you have to make a decision, do you know the values that line up with who you are?

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### EXERCISE:

*List 3-5 core values that represent you. Make them short and memorable.*

## My core values

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

# THE F.I.T. heart | TRUTH

## Work-Out

### HIIT #4 - BALANCE + ENDURANCE BLOCK

Video demonstration link:  
[inside-out-strong.teachable.com/courses](https://inside-out-strong.teachable.com/courses)

HIIT #4 - BALANCE + ENDURANCE	LEVEL DOWN	TIME	REPS
Warrior 3 squats - Right	Eliminate the squat	45 sec	25
Plank 4 corners	Tabletop position	45 sec	4x around
Warrior 3 squats - Left	Eliminate the squat	45 sec	25
Crouching tiger	Rest when needed	45 sec	-
Squat to Lunge jumps	Low impact/no jump	45 sec	10 each
Commandos	Slow down pace	45 sec	20

#### FREQUENCY:

- 3 days a week with 24-48 hours between workouts
- Repeat circuit 2-3x with 1 minute break between each
- Choose to follow timed exercises OR repetitions

#### INTENSITY:

- This should be at a level 3. Push yourself while maintaining proper form
- “Level down” to modify or if form fails
- Need less intensity, lower time to 30 seconds active - 30 seconds rest (or less reps)
- Need more intensity, increase time to 1 minute active - 20 second rest (or more reps)

**TYPE:** High Intensity Interval Training (HIIT)

**TIME:** 6 minute circuit

- 45 seconds of activity - 15 second rest OR Repetition counts
- Total workout time = 15-20 min

#### REST:

- 15 seconds - 30 seconds between exercises
- 1 minute between blocks
- 24 hours between workouts