

# BECOMING A CHAMP

MENTAL TOUGHNESS  
MASTERCLASS  
FIGHT PLAN



**CRISTY “CODE RED” NICKEL**

**CODE RED LIFESTYLE™**

# INTRO

---

Congratulations on getting access to my Becoming A Champ Mental Toughness Masterclass! I am SO excited to help you develop the champion-level mental toughness I developed over eight years as a professional boxer.

This fight plan, in combination with the eight masterclass trainings, will help you “download” the champion-level mental toughness right into your own brain, and put it to work for your weight loss.

To get the most out of the masterclass, please listen to every training and complete every fight plan at least once. Multiple times is better, because no one remembers everything they see or hear from seeing or hearing it one time.

Plus, as you transform with this program, a different version of you will emerge, and that different version of you will get different things out of the masterclass trainings and fight plans each time you go through them.

I’m so excited you’re here, and thank you for investing yourself by enrolling in this masterclass!

**Cristy “Code Red” Nickel**

# BECOMING A CHAMP

---

## Mental Toughness Masterclass

**CRISTY “CODE RED” NICKEL**  
**Code Red Lifestyle™**

### MASTERCLASS ROUND 1

#### WHAT’S YOUR CHAMPIONSHIP VISION?

In Round 1, I shared with you how having a vision for my boxing career motivated me to keep going, even during times when I thought about quitting.

In the spaces below, get clear on your vision for your life AFTER the weight is off.

Losing weight for your son’s wedding is a temporary goal. It can be a stop along your journey, but it can’t be the destination. What will you do when the wedding’s over?

Picture yourself where you want to be, and let that add fuel to your motivation/discipline fire.

If you aren’t sure where to start, think of the things you don’t want, and pick the opposite.

You don’t want to clothes shop in public, in the plus size section, and have to settle for stuff that looks awful, but yet, it fits.

The opposite of that is going into a clothing store and finding what you LOVE that also fits. Sit in the excitement and relief of that.

Visualize at least 3 things you want from getting and keeping your weight off. The more real and raw you get with these, the more motivating they’ll be for you. Then write them down in the spaces below.

---

---

---

---

[illegible]