

BECOMING A CHAMP

MENTAL TOUGHNESS
MASTERCLASS
FIGHT PLAN



CRISTY "CODE RED" NICKEL

CODE RED LIFESTYLE™

BECOMING A CHAMP

Mental Toughness Masterclass

CRISTY “CODE RED” NICKEL
Code Red Lifestyle™

MASTERCLASS ROUND 2

DO THE HARD WORK NOW

In module two, I told you how I did the hard work in the short-term to get the result in the long-term (being a world-title fighter).

That is exactly what you are doing by following the program to lose your weight. I get that it's uncomfortable, especially at first, but so is being obese and sick. So is not being happy with yourself.

You're already uncomfortable, so it's time to start picking the discomfort that will get you what you want, instead of what you don't.

Change always includes some discomfort. Trying to avoid that discomfort is like trying to avoid breathing oxygen. It ain't gonna happen.

In the spaces below, first write down the discomfort you are currently experiencing, by not being as successful as you want to be with the program. It may be physical, emotional, mental, and/or even spiritual.

Next, write down the discomfort you will need to face if you follow the Code Red Lifestyle™ to the letter. Again, it may be physical, emotional, mental, and/or even spiritual.

Finally, look at everything you've written in both sections, and ask yourself: Which of these is going to help me bring my vision to life? Put a star next to any that apply. The answer may seem obvious, but do it anyway. It's important to give your brain the right evidence, which this exercise will do.

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