

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 3

WHERE THE HEAD GOES, THE BODY GOES

In boxing, you always have to be mindful of where your physical head goes, because if it's in the wrong place, it not only diminishes the power of your punches, it can make you vulnerable to getting hit, or even knocked over.

This is also true about your head when it comes to your mindset.

If your head is always focused on what you're not getting, what you're not eating, and what you're scared of, instead of what you get to eat, what you get to have by living this lifestyle, and what you have to look forward to, your body will follow suit. You will sabotage yourself in all kinds of ways, and get “knocked over.”

It's like driving a car and staring at what's on the side of the road, instead of the road in front of you. If you're not careful, you'll drive yourself right off the road.

In the spaces below, write down what's on the “road” in front of you if you stay on track. Write down everything you can possibly think of, big or small. The more the better, because it's giving your brain more evidence that getting and keeping your weight off is what's best.

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