

# 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 4

## TRAIN LIKE YOU FIGHT, FIGHT LIKE YOU TRAIN

In Round 4, I revealed how I recreated fight day during training, so that when it came time for the real thing, my mindset and my nervous system were not caught off guard.

When the unexpected happens—and it will, sooner or later—if you don’t have measures in place, you will be caught off guard and revert to your old ways, because when you’re caught off guard, your programming takes over.

Until you reprogram yourself, you’ll need measures in place to help you stay on track, even when you’re caught off guard. It’s time to train like you’ll fight!

In the spaces below, write down some example unexpected scenarios. Underneath each one, brainstorm what measures you can put in place NOW, so if something like this happens, you’ll have a plan you can turn to.

If you’ve already been caught off guard by the unexpected, and it derailed you, learn from it. What could you do differently next time? Otherwise, here are some examples to get you started.

- Your in-laws visit unexpectedly, and show up with a pizza and nachos
- One of your best friends is t-boned by a drunk driver and ends up in the ICU
- Your co-workers surprise you with an ice cream cake for your birthday
- Your partner sits down next to you on the sofa with a bag of candy

Obviously you cannot predict whether these kinds of things will happen, and that is the point: To train like you fight (by pretending they're happening and creating a plan), so you can fight like you train.

Write down examples, and your brainstorm for staying on track, here:

[illegible]

[illegible]