

# BECOMING A CHAMP

MENTAL TOUGHNESS  
MASTERCLASS  
FIGHT PLAN



**CRISTY "CODE RED" NICKEL**

**CODE RED LIFESTYLE™**

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## Mental Toughness Masterclass

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

### MASTERCLASS ROUND 6

#### NEVER UNDERESTIMATE YOUR OPPONENT

In Round 6, I shared why underestimating your opponent is a bad idea, and how I even lost a fight (that should have been an easy win for me) because I got cocky and underestimated my opponent.

It's great to be confident, but it's also great to be honest with yourself. If you think facing foods you're addicted to will be an easy win, you're underestimating your opponent.

Whether it's the hospital break room, the Arby's drive-through, Thanksgiving at your mother-in-law's, the 7/11 after work, or popcorn, soda, and Milk Duds at the movies, you'll have opponents to face - some more than once.

Underestimating them ensures that you won't put measures in place, which means these “opponents” are more likely to get the better of you.

In the spaces below, write down some “opponents” on your weight loss journey that you have faced, or will face. List as many as you can think of.

Then brainstorm what you can do to ensure you don't underestimate them.

If you've already faced them, and failed to “win,” take a look at what went wrong, and how you can do better next time.

If you faced an “opponent” and DID win, take a look at what worked, and see how you can apply it to other opponents.

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