

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 7

YOU’RE GONNA GET HIT

As convenient as it would be if life magically fixed itself when we take on a challenge like weight loss, that’s not the way it works. In boxing, it would be great if you never got hit, but again, that’s not the way it works. When you step into the ring, you’re gonna get hit, as I explained in Round 7.

That means you have to be prepared for it to happen, and learn to roll with it.

Even understanding this, there is probably a part of you that is worried about “getting hit” by life. You don’t trust yourself to roll with it, or bounce back if it happens. The thing is, living in terror of life’s unexpected hits is a pretty miserable existence. You’re a lot better off learning to roll with the punches, and here’s how you can start getting better at it.

In the spaces below, write down some recent examples of “getting hit” by life.

Next to the ones where you feel like you did a good job rolling with the punches, put a check mark.

Next to the ones where you didn’t successfully roll with the punches, put an X.

Now, compare what you did with the hits where you rolled with the punches, and what you did (or didn’t do) when you did not roll with the punches. What did you do differently? What did you NOT do?

Use what you did when you rolled with the punches to create your own personal “when I get hit” game plan. What you did worked for you before, and it can work for you again!

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