

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 8

EVERYBODY HAS A PLAN UNTIL THEY GET HIT

In Round 8, I shared that when you step in the ring, any plans you have for the fight go out the window. You're too busy responding to what's happening in the moment.

If you try and “think through” every moment of the fight, you open yourself up to getting hit, because in just one second of thinking, your opponent could get in at least one good punch. In my prime, I could throw three punches in one second!

It's the same in your weight loss journey: If you start overthinking what you're doing, you'll get hit - in this case, by overwhelm.

In the spaces below, write down any areas of the Code Red Lifestyle™ that you find overwhelming.

Then, revisit each one and honestly ask yourself: “Am I overthinking this?”

Unless you're brand new to Code Red and don't know anything about it, it's pretty likely that if it feels overwhelming, you're overthinking something.

Overthinking shows up as hyper-analyzing the lifestyle, instead of keeping it simple.

I get that more information may help you feel more certain you're doing it right, but gathering information instead of following the program is the equivalent of thinking in the ring, instead of responding to what's going on.

[illegible]

CONGRATULATIONS!

If you've watched the videos and completed this fight plan, champion-level mental toughness is reprogramming your brain as we speak!

If you watched each video more than once, your reprogramming goes even deeper.

I HIGHLY recommend you revisit this fight plan in a month and complete all the exercises again. You'll see what I mean when I say that the you who went through the program this time isn't the exact same you who'll go through it later.

Congratulations again! I am SO proud of you!

- **Cristy**