

WEEK FOUR:

ENERGY + MOTIVATION



Welcome to week **FOUR** of cbPT weekly learning modules. This week we are going to explore factors that will, or could be affecting your energy + motivation, specifically in regards to your lack of exercise, passion while exercising and/or why you may be all in or all out. Secondly, because we all know deep down that exercise really is one of the best tools in your toolbox if you are feeling in a funk, maybe down in the dumps, if you feel tired all the time and/or your passion for things you love is declining, we will brainstorm ideas for how to help you get back on the up slope.

- Factors that can affect our **Energy**

1. Our **nutrition**: Not eating enough food and living off a huge calorie deficit leaves your body running on its petrol light. It's hard to keep making clear, concise choices or keep moving when your tank is empty.
2. Alternatively, not fueling correctly pre-and post- workout can heavily impact the quality of your exercise session (week 3).
3. Lack of, or poor **sleep** quality: I know it sounds rambley, but you really need to aim for your solid 8 hours. Recovery is crucial to keep your body optimal.
4. **Fluid** intake: your body is 60% water. All vital organs/ muscles and even your skin are hugely made up of water. If you undercut their needs, their overall functioning has to decrease.
5. Lack of vital minerals + **vitamins**: Vitamin D is especially important for regulating your mood and energy. Often during winter months, or locations with shorter days, supplementation is needed at times of the year.
6. **Burning** the candle at both ends: Life balance has to be of priority if you are continually finding yourself out of energy. Check back in with your tasks from week 1 if you need to reset or reassess your priorities. .

- Factors that can affect our **Motivation**

1. Often if our overall **energy** is low, this will in turn affect our motivation toward any given task or choice. Sort your energy and this will normally sort motivation issues.
2. Lack of **desire** for that choice (eg. low on priority list). An external force is driving your motivation rather than internal.
3. Not feeling your are **getting better** or progressing in an area, or the demand is too high for your current ability.

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When we exercise there are a number of physiological changes that occur in our body that promote a range of positive changes:



1

OUR ENDORPHIN LEVELS INCREASE- GOOD FEELS ALL ROUND!



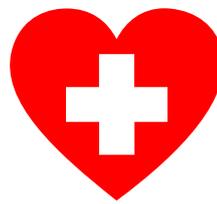
2

IMPROVED SLEEP



3

IMPROVED MOOD + REDUCED STRESS



4

IMPROVED HEALTH OUTCOMES



5

INCREASED SELF-ESTEEM.

Why could your Energy & motivation be being affected in regards to exercise?

I want your exercise to become incorporated like any other normal daily activity, just like brushing your teeth or doing your laundry. In order to successfully include exercise as a daily habit you need to think about a few main points;

- Are you simply doing what you think you should be doing, when you think you should be doing it?
- Are you simply getting your exercise ticked off when you can squeeze it in?
- Are you driving this exercise journey, or is it driving you?

By ensuring you are doing the 'best' type of exercise for you, you will be more likely to be motivated to include it, your overall energy will increase and in turn, your overall mood toward many things in life will improve.

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MONDAY TASK: Please think about the statement and then circle just one answer for each statement. Choose either A or B.

	A	B
I PREFER TO WORKOUT IN THE	AM	PM
I VIEW MY WORKOUTS AS CHORES	YES	NO
I FEEL WIPED OUT AFTER MOST SESSIONS	YES	NO
I DREAD MOST OF MY SESSIONS SET	YES	NO
I OFTEN WONDER 'WHY AM I DOING THIS?'	YES	NO
I WISH I WAS DOING ANOTHER TYPE OF TRAINING	YES	NO
I ENJOY WORKING OUT BY MYSELF	YES	NO
I ENJOY THE ENVIRONMENT I WORKOUT IN	YES	NO



Based on the table above, where in your training could you improve to help ensure a long-term exercise journey?

The hardest thing about accessing exercise as a tool is literally getting yourself out the door when you find yourself in poor situations. How can you help yourself to get moving?

1. Make a date with a friend to move! Maybe a walk, maybe a game a tennis, maybe a fitness class.
2. Download a new playlist or podcast that resonates with you.
3. Try the 15 minute rule. Do something for 15 minutes and assess at that mark if you feel better or not.

Being able to understand triggers is really beneficial to help lessen these situations. The best things you can concentrate on are:

- 1) Identifying what things may cause you starting on a downward slope away from where you want to be.
- 2) Understanding when you are at the bottom of the slope.
- 3) Having 2-3 things up your sleeve that you know you can do, to help bring yourself back up.

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MONDAY TASK: Fill in the below tables so you identify/ bring any triggers to your forefront, so that you can recognize when you need to pull tools out of your toolbox, and so you have tools ready that work for you. If you are struggling as a good friend if they notice anything with you

**MY 'TRIGGERS' THINGS THAT I KNOW
REDUCE MY ENERGY AND/OR MOTIVATION:**

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-
-

**HOW DO I KNOW WHEN MY ENERGY/
MOTIVATION IS AT ITS WORST?**

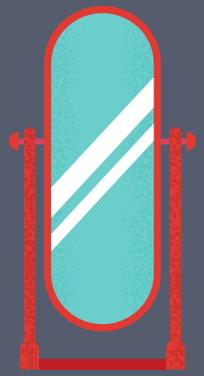
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**2-3 'SPECIFIC' THINGS I CAN DO, THAT I KNOW WILL HELP
IMPROVE MY ENERGY AND MOTIVATION:**

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-
-

WEEK FOUR:

SELF-REFLECTION



SUNDAY TASK: It's time to reflect back on the week. This module may have the biggest impact on your direction and attitude toward your upcoming or current exercise journey. Understanding your why, what drives you, and also your triggers for hitting a downward slope really helps choose, and then drive a really positive exercise experience. Please fill in the below boxes.

HAVE YOU NOTICED ANY 'TRENDS' OR FACTORS THAT REGULARLY AFFECT YOUR ENERGY LEVELS ?

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-
-

IF YOU ARE NOW AWARE OF THESE COMMON TRIGGERS, HAVE YOU MANAGED TO HELP OFF SET THEM AND/OR ADDRESS AND DISMISS WHEN THEY APPEAR.... AND HOW?

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HAVE YOU MADE ANY CHANGES TO THE DIRECTION/ WORKOUT MODES/ EXERCISE ENVIRONMENTS AFTER THIS MODULE... IF SO WHAT?