

WEEK ONE:



SIMPLIFICATION + PRIORITISATION!

Welcome to week **ONE** of cbPT weekly learning modules.

The number one reason or excuse I hear from people as to why they can't implement a lifestyle change, whether it is exercise/nutritional or behavioral is because they are **'too busy'**.

Often it seems someone's perceived level of busy-ness, helps them validate and provide reasoning if they fail to complete a task.

Feeling busy isn't a bad emotion to feel, although it can often feel very overwhelming and 'out of control' for some people. If you are getting something out of the 'busy' that is important to you, you don't always feel out of control or overwhelmed - then being busy is good!

During certain phases of your life your level of busy will differ, however it is important you stop when you feel your busy-ness level ramp up and check in that you are happy and accepting of the reasons as to why you are busy.

I thought this area of 'simplification + prioritisation' would be a great topic to kick off cbPT weekly learning modules. If you are wanting to implement change and/or re-evaluate your exercise journey then understanding what is important to you, what isn't important to you, ways of weeding out energy draining tasks, ways of including tasks that help fill your cup is imperative for your success.

Simplification + prioritisation helps ensure you have filtering / processing measures in place that you can readily access to help maneuver through challenging times and changes whether they are big or small.

This week you have 3 tasks that should help you:

1. Visually see where you are or aren't actually busy.
2. Find priorities that are and aren't important to you, and ways to add and remove these to your schedule.

CASEY BROWN PERSONAL TRAINER.

WEEK ONE:



SIMPLIFICATION + PRIORITISATION!

MONDAY TASK: I want you to think about the one week day you would classify as the 'busiest'. Now I want you to write exact timings out for that day from wake up time to bed time- just like my example below:

EXAMPLE

6 am Get up.
6.10-6.30 am Shower and dressed.
6.30-7.15 am breakfast, empty dishwasher, washing.
7.15-7.45 am school lunches.
7.45-8.15 am social media and coffee
8.20 am leave for work.
8.25 am sandfly coffee.
8.30 am get to office.
8.30-9.45 am app work.
9.45-11 am over 60s.
11-12.30 pm app work.
12.30- 1 pm lunch.
1-4.15 pm clients in gym.
4.15 pm day care pick up.
4.30-6 pm prepare dinner, bath, bedtime.
6- 6.30 pm eat dinner and clean up.
6.30- 8 pm TV and social media.
8 pm shower and bed.

YOUR DAY

WEEK ONE:



SIMPLIFICATION + PRIORITISATION!

[Finding my true priorities]

MONDAY TASK 2: Often we get stuck on the 'hamster wheel' of doing, and not thinking why or if these 'things' are important to us and our values. For this weeks task I want you to take 15 minutes to sit down and fill out the below boxes. This should help bring to the forefront 'things' that are important to YOU, and reasons as to why your priorities may be out of line and/or need cleaned up. It's much easier to be successful with change, when we can filter out the rubbish. They can be a mix of 'things' eg club commitments/ attending exercise class/ cooking from scratch etc.

**'THINGS' THAT STRESS ME OUT/
I DESPISE DOING:**

**'THINGS' THAT I REALLY ENJOY
DOING:**

-
-
-
-
-

-
-
-
-
-

**REASONS WHY I HAVE TO DO THESE
THINGS:**

**REASONS/ BARRIERS WHY I OFTEN
CANT DO THESE THINGS:**

-
-
-
-
-

-
-
-
-
-

**IDENTIFY 1 'THING' YOU WILL
REMOVE FROM YOUR SCHEDULE +
HOW:**

**IDENTIFY 2 BARRIERS, AND HOW YOU
CAN OVERCOME THESE:**

1.

1.

2.

WEEK ONE:

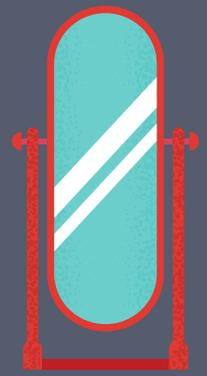
SIMPLIFICATION + PRIORITISATION!



MONDAY TASK 3: I now want you to write out how you would like your 'busiest' day to play out in a **perfect world**. We will be revisiting this at the end of the modules!

MY PERFECT BUSY DAY

WEEK ONE: SELF-REFLECTION



SUNDAY TASK: Reflecting back on your 'busiest' day this week was it any different to it normally is? Please write out how it played out below in the left column, and then jot down any thoughts you have about how it was to add in/ remove the 'things' you like/ dislike in the right column and/or what barriers appeared and if you managed to overcome these.

BUSIEST DAY THIS WEEK

THOUGHTS.....