

Day 6: Finding Time to Exercise

The Productive Woman's Habits

The questions in this worksheet reference what I will refer to as “chapter six,” or our sixth blog post in this series. You can find it on your device or computer, right here:

<https://kristyscottage.com/read-31-days-to-a-more-productive-you/>



Day 6: Finding Time to Exercise

The Productive Woman's Habits

What are your fitness goals right now?

- ◆ I want/need to lose weight in order to be more healthy.
- ◆ My weight is healthy, but I want to strengthen/tone up.
- ◆ I need more energy!
- ◆ I want to feel better and look better.

How often do you make time to exercise?

- ◆ Frequently (a few times a week).
- ◆ Occasionally- a few times a month.
- ◆ Seldom or never.

Ideally, how frequently would you like to work out?

- ◆ Three times a week or more.
- ◆ At least once a week.
- ◆ Anything would be better than what I'm doing now!

I shared in today's "chapter" that my biggest obstacle in staying fit is finding time to exercise.

What are your biggest challenges in staying fit right now?

- ◆ Finding time.
- ◆ Finding motivation.
- ◆ Lack of energy.

Most of us want to take care of our bodies in order to feel- *and look-* great, but it can be a challenge to find the time and motivation to make that happen.

Write out some of your thoughts about your fitness challenges. What keeps “stuck” even though you really want to make healthier choices?

What does God say about this?

→ “Beloved, I wish above all things that you may prosper and be in health, even as your soul prospers.” III John 1:2

→ “Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God, and that you are not your own? For you are bought with a price. Therefore, glorify God in your body.” I Corinthians 6:19-20

In what specific ways can taking care of your body also glorify God? _____

Write out the top three ways your health would “prosper” as a result of cultivating the habit of exercising regularly:

- 1.
- 2.
- 3.

I shared in today's "chapter" that my Grandma's death last summer was a turning point for me.

Dealing with stress and grief in a healthy way has been a huge motivator for me in finding time to workout every week.

Think about your "why." What would motivate you to push through your current challenges in order to take better care of yourself?

My why is...

Just setting aside thirty minutes
to exercise,
get rid of stress,
& focus on my body's needs
makes a huge difference in my day.

Action points:

Evaluate

→ Think about your areas of improvement. Do you want to lose weight, tone up, or something else? Write down your fitness goals and priorities here:

Plan

→ Check out workout routines on Pinterest (or other online sites) and look for exercises that target your areas of improvement. (My favorite workout site is MomsIntoFitness.com.) If you prefer a professional gym, check out local gym memberships or check to see if your town has a YMCA chapter.

Invest

→ Consider buying some inexpensive workout tools: workout clothes, a yoga mat, weights, a stainless steel water bottle, or even a treadmill off Craigslist!
→ If you're opting for a gym membership, take the plunge and enroll!
→ What's your budget? What would you love to have to help you get started?

Commit

- Set a doable goal for yourself and stick with it for the next 31 days!
 - I found it helpful to print a calendar and mark off the days (and the time of day) that I would be working out. If you're a list-maker, this might work for you too.
 - How many days a week will you work out? _____
 - How many minutes will you workout each day? _____
 - Start small and work up. You can always increase the challenge after a few weeks!
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Stay Accountable

- Have you found an accountability group on Facebook, or in your local area? Check in every week with a friend or group, or share your progress on your favorite social media platform.
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Stick With It

- Don't give up. If you blow it, just keep going!
 - Don't quit. If you get off track, start fresh the next day!
 - Consistency will pay off, so stick with your goals.
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I'd love to hear how your 31 Days to a More Productive You are going! Please feel free to drop me an email any time you have something to share about this "chapter," or any other part of this series.

Here's to living and loving well!

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