

The Battleground

A 3-Month Comprehensive Program to Help You Get Stronger and Leaner and to Dig Deeper Than You Ever Thought Possible.



Created especially for **The Elite Warrior Tribe™**
of Goal Get Em Fitness™

The Battleground

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Welcome to The Battleground

This is no easy feat! You are a Warrior! Your access to The Battleground means that you have joined the Tribe, and that means you are READY to fight! YOU decide what you're fighting for – your health, your sanity, your strength, your fitness, your life. As a Warrior, you know when it's time to put yourself first, and since you are here and reading this, that means that you have done just that. Maybe for the first time ever.

Here's some info you might find helpful – The Battleground is a 90-day program designed to dial in your nutrition, challenge you in the gym (or wherever you work out), and make you explore the deeper components of what it truly means to be a Warrior. If you decide to tackle this program (and I hope you do), you WILL challenge and overcome your most limiting beliefs, dig deep both emotionally & physically, and get leaner and stronger in the process.

This isn't a commitment to take lightly. This is a program that requires you to truly COMMIT. If it's not the right time, don't worry. As a member, you always have access to the program and can jump into it whenever you're ready! One thing I can promise you though – if you follow this program for the next 90 days, you WILL transform not just your body, but your life. You will lose fat, you will gain muscle, you will run the gamut of emotions over the next 90 days.

Know how I know? I've done it. I wouldn't make something available to you that I haven't tried myself. So, yes, I wrote The Battleground, and I either compiled or created the work that goes along with each week, but I was also a student of The Battleground, and I am changed because of it.

If you dive in, following the program EXACTLY as it's written, you won't be able to help but make progress. Most people won't do it. 90 days is no short amount of time, and most people will find an excuse to quit! But if you do it, progress is inevitable!

One of the biggest things I want you to understand, and to really grasp, is that you are not alone in this. You can ALWAYS ask for help. You can always reach out. Whether it's to me or to someone else in the Tribe, or a friend or family member, it doesn't matter. No one goes through this journey – The Battleground or life – alone.

Even when it feels like no one gets it, when you're ready to quit, when you feel at your lowest, someone will always be there. I know that for sure because I know that I AM ALWAYS HERE FOR YOU!

I've done this program, I've wanted to quit. I've been frustrated, unmotivated, felt like I wasn't making or seeing progress, eaten well above my calories, missed a few days of tracking, cried when the scale has gone up, cussed out my scale, talked to myself in ways I would NEVER speak to a friend, and I've given up on myself completely.

But I've always gotten back on track. I've learned that the only way I ever truly fail is if I don't get back up once I've been knocked down (or worse, knocked myself down). I've had to lean on people, had to ask for help, had to humble myself, had to dig super deep, had to look at the parts of myself I wasn't crazy about, and I had to forgive others and myself more times than I care to admit.

That's part of the process...and it's a process. You're going to unpack a lot of sh*t over the next 12 weeks, and it's hopefully going to free you to live a life you love in a body you treat with love, respect and dignity!

And when it gets hard, I'm here. Don't ever forget that.



Xx,
Julie

The Battleground

Tracking Your Progress



Let's talk about what progress means...

Before we start, though, let's talk about quitting! (WTF?!)

Why do most people quit their "diets" or exercise programs? What's the deal with making progress? Why do most people assume they aren't making progress? We have seen a lot of unrealistic examples and been fed a lot of lies about how quickly progress happens.

Average healthy weight loss is 1/2 - 2 pounds per week. Yes, one half of a pound per week is NORMAL, WONDERFUL PROGRESS!!! No, of course that's not as fast as you want it to happen, but you didn't get HERE overnight either.

But I digress...why do most people quit before they reach their goals? They quit because they THINK they're not making progress. They THINK it's not working. Why not? Usually it's because they go by one measurement - the scale. And the scale is a fickle little beast. Some days it's up, some days it's down, and you have absolutely no control over that. Seriously. Most of us think that if we ate lettuce and veggies one day and worked out, that the scale should automatically go down the next day. But it doesn't work that way.

We look for trends. Long-term trends. We don't compare Tuesday to Monday. Hell, we shouldn't even be comparing Tuesday to last Tuesday. For a true measure of progress, we compare this month to last month. September 15th to August 15. October 15 to September 15. That's why I'm asking you to COMMIT. You need time to see progress.

If the scale isn't a great measure of progress, what else should you be looking at? Here's a nifty little graphic I made for reference.

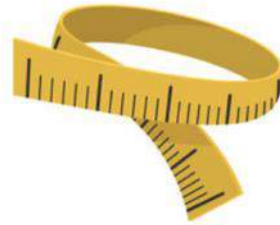
WAYS TO MEASURE PROGRESS WITHOUT A SCALE



How You Feel &
Your Energy



Strength Gains



Measurements



BEFORE AFTER
Progress Pictures



Improved
Flexibility
& Mobility



How Your
Clothes Fit

@GOALGETEMFITNESS

Now that you're armed with your assessment tools, what should you do? The morning you choose to enter The Battleground:

1. **Take your pictures** - 4 angles - front, back, and both sides. Do not take them in a mirror. Have someone else take them for you or use self-timer. Find a spot with good lighting. Wear form fitting clothing. The more skin you show (without being fully naked), the better. You'll want to look at side by side pics once you're rockin' your new body to see how far you've come! You'll want to wear the same clothes each month you take your pictures. You'll take pictures at the beginning of every new month, and then when you finish Month 3.
2. **Take your measurements.** Use a cloth measuring tape. Taking measurements every 2 weeks should be enough. No need to take them weekly. If you want to wait and take them every 4 weeks, that's fine also.
3. **Weigh In.** I've made no secret of the fact that I am a proponent of DAILY weigh-ins. It's the best and truest measure of your progress. For a clearer picture of my weigh-in philosophy and the reasons behind it, click [HERE](#). There are several apps available to track your weight and keep a log so that you can see your fluctuations. (They are at the end of this manual in the "Resources" section).
4. **Letter to Yourself.** Please write a letter, as long or short as you would like, to yourself detailing what you hope to get out of the next 3 months of this program. What do you see changing? How will you keep your commitment to yourself? What challenges do you anticipate and how will you overcome them? Include as much or as little as you'd like. Then, fold it up and put it somewhere safe where you'll remember 3 months from now.

The Battleground

Nutrition



What You Need to Know About The Battleground Nutrition Guidelines

1. The main focus is on your calorie and protein intake. First and foremost, you absolutely **MUST** be in a calorie deficit if your goal is fat loss. This means that you burn more calories than you consume. It's really that simple. The next most important thing is how much protein you're eating. When you're eating in a deficit, your body needs sufficient protein to create and maintain muscle mass. Protein builds and repairs muscle. If you're taking in fewer calories and not consuming enough protein, your body will start using your muscle as fuel. We don't want that.
2. If you love carbs, eat carbs. If you love fat, eat fat. How much of each doesn't matter, as long as, at the end of each day (or week), you are within your calorie guidelines and you've had enough protein.
3. That being said, calories supersede protein. If you haven't eaten enough protein, do not try to squeeze in more if it puts you over your calories.
4. Some days life happens. You may not be perfect every day. You may go over your calories. If you do, it's not the end of the world. You didn't fail. You didn't screw up. You don't need to start over. You don't need to quit. You don't need to eat fewer calories the next day. You just need to get a fresh start the following day. That's it.
5. You don't need to eat the **EXACT** same number of calories every day. If you want to eat more on days you lift or on the weekend, I can help you calculate that. Just shoot me an email.
6. Each month has a "Kickstart" or "Burn it Down" week. This is a very low-calorie week. If you choose to do it, choose **EITHER** the "Kickstart" or the "Burn It Down" – do not do both. This should be done once a month, and for no more than 1 week.
7. Nutrition Guidelines are meant for those who want to lose fewer than 100lbs. If you have more than 100 pounds to lose, please email me before you start so we can put together a safe and sustainable plan for you.

8. Nutrition on The Battleground is focused on fat loss. If that is not your goal, email me and we can talk about structuring your nutrition to meet your goals.

Kickstart/Burn It Down Guidelines

Kickstart/Burn It Down Week: **(optional)**

- **Calories:** Goal Bodyweight x 8-9
- **Ex:** GBW = 130lbs
 - o $130 \times 8 = 1040$ calories
 - o $130 \times 9 = 1170$ calories

- **If these numbers are fewer than 1200, eat UP to 1200 calories**
- **Protein:** Goal Bodyweight x 1g
- **Ex:** GBW = 130lbs
 - o $130 \times 1 = 130$ g protein

- Choose one of these weeks and stay consistent throughout the program (don't do KS one month and BID another).

- THESE WEEKS ARE OPTIONAL EVERY MONTH
 - o Just because you do it one month, doesn't mean you have to do it another month

- You will see more rapid loss during these weeks, but you will also be significantly hungrier. Make sure you are drinking plenty of water

The guidelines below are for the rest of the program – whether or not you choose to do an extreme week. If you choose not to, you will follow these guidelines for the entire month.

Months 1 & 2

- **Calories:** Goal Bodyweight x 11-12
- **Ex:** GBW = 130lbs
 - o $130 \times 11 = 1430$ calories (lower limit)
 - o $130 \times 12 = 1560$ calories (upper limit)
- **Protein:** Goal Bodyweight x 0.7g-1g
- **Ex:** GBW = 130lbs
 - o $130 \times 0.7 = 91$ & $130 \times 1 = 130$ g protein

Month 3

- **Calories:** Goal Bodyweight x 11.5-12.5
- **Ex:** GBW = 130lbs
 - o $130 \times 11.5 = 1495$ calories (lower limit)
 - o $130 \times 12.5 = 1625$ calories (upper limit)
- **Protein:** Goal Bodyweight x 0.7g-1g
- **Ex:** GBW = 130lbs
 - o $130 \times 0.7 = 91$ & $130 \times 1 = 130$ g protein

The Battleground

The Workouts



What You Need to Know About The Battleground Workouts

1. These exercises are meant to be done with HEAVY weights. How heavy is up to you. You should be lifting the heaviest weight you can while still using proper form. If you don't have really heavy weights (or access to them), use the heaviest weight you have when you can.
2. If you don't have barbells, use dumbbells where needed.
3. You can supplement some cardio on your off days. No need to do cardio on the same days that you lift.
4. If you do supplement some cardio, please make sure you still take at least 1 full rest day.
5. Rest between sets should be about a minute. On your first 2 moves, rest 2 minutes between sets.
6. If you're not sure how to do an exercise, there are videos for all of them attached or on the interwebs.
7. The program is 4 days/week. You can choose the days you work out, but do the workouts in the order they are written.
8. If you need to modify an exercise, email me and I will help you figure out what's best.
9. It would be wise to print the following pages to keep record of the weights you used so that you can track your progress.

The Battleground

Month 1

Day 1: Lower Body

1A)

Sumo Deadlift	Week 1			Week 2			Week 3			Week 4		
4 x 5												

1B)

Glute Bridge	Week 1			Week 2			Week 3			Week 4		
4 x 10												

2A)

Donkey Kicks	Week 1			Week 2			Week 3			Week 4		
3 x 8/leg												

2B)

Fire Hydrants	Week 1			Week 2			Week 3			Week 4		
3 x 8/leg												

2C)

Dead Bug	Week 1			Week 2			Week 3			Week 4		
3 x 10/side (slow lower)												

3A)

Leg Curl on Stability Ball	Week 1			Week 2			Week 3			Week 4		
3 x 12												

3B)

Bear Crawls	Week 1			Week 2			Week 3			Week 4		
3 x 5/up & back												

3C)

Goblet Squat	Week 1			Week 2			Week 3			Week 4		
3 x 12												

Day 2: Upper Body

1A)

Bench Press	Week 1			Week 2			Week 3			Week 4		
4 x 8												

1B)

Single-Arm Dumbbell Row	Week 1			Week 2			Week 3			Week 4		
4 x 8/arm												

2A)

Incline DB Bench Press	Week 1			Week 2			Week 3			Week 4		
3 x 8												

2B)

Chin Up	Week 1			Week 2			Week 3			Week 4		
3 x 10												

3A)

Seated DB Lateral Raise	Week 1			Week 2			Week 3			Week 4		
3 x 12												

3B)

Push Up	Week 1			Week 2			Week 3			Week 4		
3 x 12												

3C)

Front Raise	Week 1			Week 2			Week 3			Week 4		
3 x 12												

Day 3: Lower Body

1A)

Squat (Butt to Box)	Week 1			Week 2			Week 3			Week 4		
4 x 6												

1B)

Glute Bridge	Week 1			Week 2			Week 3			Week 4		
4 x 10												

2A)

Sumo RDL	Week 1			Week 2			Week 3			Week 4		
3 x 8												

2B)

Plank w/Hip Dip	Week 1			Week 2			Week 3			Week 4		
3 x 10/side (slow)												

3A)

Curtsy Lunge on Sliders	Week 1			Week 2			Week 3			Week 4		
3 x 10/leg												

3B)

Side Plank X	Week 1			Week 2			Week 3			Week 4		
3 x 20sec/side												

3C)

Single Leg Hip Thrust	Week 1			Week 2			Week 3			Week 4		
3 x 10/leg												

Day 4: Upper Body

1A)

Overhead Press	Week 1			Week 2			Week 3			Week 4		
4 x 8												

1B)

Dumbbell Row w/Pause	Week 1			Week 2			Week 3			Week 4		
4 x 8/arm												

2A)

1.5 DB Bench Press	Week 1			Week 2			Week 3			Week 4		
3 x 8												

2B)

Chin Up Cluster	Week 1			Week 2			Week 3			Week 4		
3 x 2-2-2-2												

3A)

Band Triceps Press Down	Week 1			Week 2			Week 3			Week 4		
3 x 15												

3B)

Push Up	Week 1			Week 2			Week 3			Week 4		
3 x 12												

3C)

EZ Bar Narrow Bicep Curl	Week 1			Week 2			Week 3			Week 4		
3 x 12												

Month 2

Day 1: Lower Body

1A)

Sumo Deadlift 3 x 4	Week 1			Week 2			Week 3			Week 4		

1B)

Single Leg Glute Bridge 3 x 10/leg	Week 1			Week 2			Week 3			Week 4		

2A)

DB Bulgarian Split Squat 3 x 8/leg	Week 1			Week 2			Week 3			Week 4		

2B)

Wood Chop 3 x 10/side	Week 1			Week 2			Week 3			Week 4		

2C)

Dumbbell RDL 3 x 8 (slow lower)	Week 1			Week 2			Week 3			Week 4		

3A)

B Stance RDL 3 x 8/leg	Week 1			Week 2			Week 3			Week 4		

3B)

Body Saw 3 x 10	Week 1			Week 2			Week 3			Week 4		

3C)

Skater with DB Swing 3 x 12/leg	Week 1			Week 2			Week 3			Week 4		

Day 2: Upper Body

1A)

Bench Press	Week 1			Week 2			Week 3			Week 4		
3 x 6												

1B)

Band Pull Aparts	Week 1			Week 2			Week 3			Week 4		
3 x 20												

2A)

Alternating DB Bench Press	Week 1			Week 2			Week 3			Week 4		
3 x 8/arm												

2B)

Chin Up	Week 1			Week 2			Week 3			Week 4		
3 x 8												

2C)

Standing DB Lateral Raise	Week 1			Week 2			Week 3			Week 4		
3 x 10												

3A)

1.5 Push Up	Week 1			Week 2			Week 3			Week 4		
3 x 6												

3B)

Batwing Row	Week 1			Week 2			Week 3			Week 4		
3 x 10												

3B)

Bent Over Rear Delt Raises	Week 1			Week 2			Week 3			Week 4		
3 x 12												

Day 3: Lower Body

1A)

Squat	Week 1			Week 2			Week 3			Week 4		
3 x 6												

1B)

Cable/Band Pull Throughs	Week 1			Week 2			Week 3			Week 4		
3 x 10												

2A)

RDL	Week 1			Week 2			Week 3			Week 4		
3 x 10												

2B)

Plank	Week 1			Week 2			Week 3			Week 4		
3 x 1 min												

2C)

Goblet Squat	Week 1			Week 2			Week 3			Week 4		
3 x 10												

3A)

Donkey Kicks	Week 1			Week 2			Week 3			Week 4		
3 x 10/leg												

3B)

Body Saw	Week 1			Week 2			Week 3			Week 4		
3 x 10												

3C)

Kettlebell Swing	Week 1			Week 2			Week 3			Week 4		
3 x 12												

Day 4: Upper Body

1A)

Overhead Press	Week 1			Week 2			Week 3			Week 4		
3 x 6												

1B)

Bent Over Barbell Row	Week 1			Week 2			Week 3			Week 4		
3 x 8												

2A)

Arnold Press	Week 1			Week 2			Week 3			Week 4		
3 x 8												

2B)

Chin Up Cluster	Week 1			Week 2			Week 3			Week 4		
3 x 2-2-2-2												

2C)

Overhead Triceps Extension	Week 1			Week 2			Week 3			Week 4		
3 x 10												

3A)

Push Up w/Pause	Week 1			Week 2			Week 3			Week 4		
3 x 10												

3B)

Inverted Row	Week 1			Week 2			Week 3			Week 4		
3 x 12												

3C)

Hammer Curl	Week 1			Week 2			Week 3			Week 4		
3 x 12/arm												

Month 3

Day 1: Lower Body

1A)

Sumo Deadlift	Week 1			Week 2			Week 3			Week 4		
4 x 5												

1B)

Single Leg Hip Thrust	Week 1			Week 2			Week 3			Week 4		
4 x 10/leg												

2A)

Single Leg RDL	Week 1			Week 2			Week 3			Week 4		
3 x 8/leg												

2B)

Side Plank Crunch	Week 1			Week 2			Week 3			Week 4		
3 x 10/side												

2C)

Bodyweight Jump Squat	Week 1			Week 2			Week 3			Week 4		
3 x 10												

3A)

Goblet Squat w/Pulse	Week 1			Week 2			Week 3			Week 4		
3 x 8												

3B)

Bicycles	Week 1			Week 2			Week 3			Week 4		
3 x 12/side (slow)												

3C)

Leg Curl on Stability Ball	Week 1			Week 2			Week 3			Week 4		
3 x 12												

Day 2: Upper Body

1A)

Bench Press	Week 1			Week 2			Week 3			Week 4		
4 x 5												

1B)

Dumbbell Row w/3 sec Lowering	Week 1			Week 2			Week 3			Week 4		
4 x 8/arm												

2A)

Single Arm DB Bench Press	Week 1			Week 2			Week 3			Week 4		
3 x 8/arm												

2B)

Chin Up	Week 1			Week 2			Week 3			Week 4		
3 x 8												

2C)

Push Up	Week 1			Week 2			Week 3			Week 4		
3 x FAILURE												

3A)

DB Squeeze Press	Week 1			Week 2			Week 3			Week 4		
3 x 12												

3B)

Alternating Batwing Row	Week 1			Week 2			Week 3			Week 4		
3 x 12/arm												

3C)

DB Triceps Kickback	Week 1			Week 2			Week 3			Week 4		
3 x 12/arm												

Day 3: Lower Body

1A)

Squat	Week 1			Week 2			Week 3			Week 4		
4 x 5												

1B)

Glute Bridge	Week 1			Week 2			Week 3			Week 4		
4 x 10												

2A)

Sumo RDL	Week 1			Week 2			Week 3			Week 4		
4 x 10												

2B)

Plank w/Hip Dip	Week 1			Week 2			Week 3			Week 4		
3 x 10/side (slow)												

2C)

Goblet Squat to Reverse Lunge	Week 1			Week 2			Week 3			Week 4		
3 x 8/side												

3A)

Tempo Goblet Squat (1-2-1)	Week 1			Week 2			Week 3			Week 4		
3 x 8												

3B)

Bicycle Crunch	Week 1			Week 2			Week 3			Week 4		
3 x 12/side (slow)												

3C)

Knee Grabs	Week 1			Week 2			Week 3			Week 4		
3 x 10/leg												

Day 4: Upper Body

1A)

Overhead Press	Week 1			Week 2			Week 3			Week 4		
4 x 5												

1B)

Bent Over Barbell Rows	Week 1			Week 2			Week 3			Week 4		
4 x 8												

2A)

Alternating Shoulder Press	Week 1			Week 2			Week 3			Week 4		
3 x 8/arm												

2B)

Chin Up Cluster	Week 1			Week 2			Week 3			Week 4		
3 x 2-2-2-2												

2C)

Single Leg Push Up	Week 1			Week 2			Week 3			Week 4		
3 x 5/leg												

3A)

Triceps Dips	Week 1			Week 2			Week 3			Week 4		
3 x 15												

3B)

Band Face Pulls	Week 1			Week 2			Week 3			Week 4		
3 x 15												

3C)

DB Cross Body Bicep Curl	Week 1			Week 2			Week 3			Week 4		
3 x 12												

The Battleground

The Work



True transformation begins inside. Most people don't care how good you look on the outside if you are ugly on the inside (*truth*). No true external transformation can happen and stick, if you lack the confidence, self-efficacy, and skills necessary to make it last. That's why, along with the nutrition and workouts, part of being on The Battleground means looking inward and exploring the parts of yourself that you don't always want to face. Week by week, you'll do the work, reflecting on the Warrior qualities you've already mastered, the skills that need sharpening, and the traits that don't serve you on or off life's battlefield! All of this in an effort to build you up, to help you take ownership of your life and your choices, and to create a belief in yourself that you may not have known existed! Let's dive in...

Weeks 1 & 2: Self-Esteem

These self-esteem stems can be a great way to dissect issues that might be affecting your self-esteem, either explicitly or implicitly. While it may be tempting to sit down and fill out a few words for each and move on, try to spread this activity out over the course of the first 2 weeks. You're likely making a lot of changes all at once, and this is a good grounding exercise to get really honest with yourself as take on a new challenge.

Once you've completed all of these sentences, it would be valuable to continue to revisit these from time to time over the next 90 days.

I have always wanted to...

I'm secretly afraid of...

This week I would enjoy doing...

I often look forward to...

I feel something that the future holds for me is...

I get my strength from...

One thing a person couldn't live without it...

I would never...

It made me feel great when...

I love when...

I find it hard to...

It makes me angry when...

I sometimes fear that...

This week is going to be...

Something I deeply desire is...

I flourish when...

This week I hope to...

Something I do secretly...

I find it hard to admit...

Week 3: Challenging & Reframing Negative Self-Talk

ANTS = Automatic Negative Thoughts

Awareness of your ANTS and replacing them with more adaptive, rational thoughts is an effective way to enhance your mood, health, and overall quality of life.

Instructions This table explores 10 different types of ANTS. In the far-right column, see if you can think of an example for each ANT. Examples are provided in the third column, and a space is provided in the final column for you to think of your own examples.

Understanding their characteristics is the first step to challenging automatic thoughts when you experience a trigger.

Type of ANT	Description	Example	Your Real-Life Experience
Dichotomous "All or Nothing" Reasoning	Viewing things as either black or white, overlooking the possibility that things may lie on a spectrum	<i>Either he's being entirely honest with me or he's out to get me.</i>	
Arbitrary Inference	Drawing conclusions without all the facts	<i>My phone hasn't rung all day, I haven't gotten the job.</i>	
Minimization/ Magnification	Overemphasizing the negative situational attributes while playing down positive ones	<i>Our 2-week road trip was terrible because we got a flat tire one day.</i>	
Personalization	Feeling personally to blame for things that are beyond your control	<i>I'm the reason you didn't finish the work you needed to do.</i>	
Discounting the Positive	Identifying negatives in positive situations or events, or turning positive	<i>They're only being nice to me because they want something from me.</i>	

	results into negative ones		
Overgeneralization	Drawing overly broad conclusions from standalone events; using singular cases to draw conclusions about all other events	<i>I was late today because I'm bad with time management.</i>	
Global Judgments	Applying deprecatory or negative labels to standalone incidents and people	<i>She lied and therefore, she must be a despicable person.</i>	
Moral Imperatives	Applying a strict set of standards to everyone and everything, including oneself	<i>It's not okay to cancel plans ever.</i>	
Emotional Reasoning	Using one's feelings about something to rationalize one's thoughts	<i>My nerves got the best of me and I did a horrible job with the presentation.</i>	
Selective Abstraction	Using a single or small negative attribute to draw conclusions regarding a whole scenario	<i>The whole outing was a disaster because I tripped and fell.</i>	

Challenging Your ANTs

Your ANTs are rarely based on rational thoughts or facts, so questioning them can be useful when you catch them popping up.

Use these questions to confront your ANTs so that you can work to replace them with more productive thoughts:

1. Is there another possible way to view this situation or person? Are there any facts to back up an alternative explanation?
2. Is there any proof that my ANT is correct?
3. If my ANT is true, what would be the worst that could happen?
4. How might I deal with things if that happened?
5. What outcomes should I expect if I believe in my ANT without challenging it?

Week 4: Core Beliefs

Core beliefs relate to the most deeply-ingrained representations we have of ourselves, others, the present, and the future. The following example shows how—in any scenario— our core beliefs can impact our behaviors.

Scenario: Imagine yourself going to a job interview and thinking about whether you're deserving of this role: one you really want. You will need to pick out a briefcase to bring along. Each represents a core belief.

Core Belief:



Purple Briefcase – “I’m talented”

Internal thought associated: *“I am naturally adept with lots of experience in this field. I deserve this role.”*

Your reaction: You feel confident as you enter the interview, and subsequently land the job.



Orange Briefcase – “I’m unsure whether I’m talented”

Internal thought associated: *“I have lots of experience and I think I’m good, but someone else will probably get the job over me.”*

Your reaction: You don’t feel great heading into the interview. You get relatively positive feedback but don’t land the role.



Green Briefcase – “I’m not talented”

Internal thought associated: *“There’s no way I’m getting this job. Other candidates are much more capable than me.”*

Your reaction: You don’t get the job.

On the following page, use the thought bubbles to identify three core beliefs you would like to challenge. In the spaces next to these, try to come up with three reasons why these beliefs are not true.

Core Belief:

#1

This Can't Be True Because

#2

#3

Core Belief:

#1

This Can't Be True Because

#2

#3

Core Belief:

#1

This Can't Be True Because

#2

#3

Weeks 5 & 6: Self-Awareness

What does it mean to be self-aware? We see people all the time who don't seem to know where they are, wandering aimlessly, staring off into space. People who don't have the awareness to know their literal place in space, their proximity to objects or other people, or how much space they take up in a given situation. We also know the opposite – people who are so deeply aware of who they are, they seem to have done all the work on themselves and are able to easily accept the person they are, despite being keenly aware of their flaws.

Socrates said, "Know thyself" – but what does that mean? Many psychologists have theorized and conjectured about what this means, and yet, we still don't really know what it means to know oneself.

Getting to know yourself begins with being centered. Getting to know these 4 centers can lead to a better understanding of who we are, what we care about, and what our strengths and what our areas that need growth are.

Center of Awareness	Physical Location	Line of Intelligence	Jung's Types
Physical	Gut	Kinesthetic	Sensing
Emotional	Heart	Emotional	Feeling
Mental	Brain	Cognitive	Thinking
Spiritual	Crown	Psycho-Spiritual	Intuiting

These 2 quizzes are evaluations of your character strengths. The first is a condensed version of the second. The first one takes about 10 minutes to complete while the second one is a bit longer (240 questions). They evaluate 24 character traits based on the answers you give. It's a fun way to see what you truly value and which characteristics emerge as highest on your list.

<https://www.viacharacter.org/Survey/Account/Register>

<https://www.authentic happiness.sas.upenn.edu/user/login?destination=node/434>

Week 7: Assertive Communication

Passive Communication:

During passive communication, a person prioritizes the needs, desires, and feelings of others, even at their own expense. The person does not express their own needs, or does not stand up for them. This can lead to being taken advantage of, even by well-meaning people who are unaware of the passive communicator's needs and desires.

What it Looks Like:

- Soft spoken & Quiet
- Poor eye contact/looking down or away
- Allow others to take advantage
 - Lack of confidence
 - Prioritizes needs of others
- Does not express own needs & desires

Aggressive Communication:

Through aggressive communication, a person expresses their own needs, desires, and feelings as though they are all that matter. The other person is bullied, and their needs are ignored.

What it Looks Like:

- Easily frustrated
- Speaks loudly & overbearingly
- Unwilling to compromise
- Uses criticism, humiliation, & dominance
 - Interrupts or doesn't listen
 - Disrespectful toward others

Assertive Communication:

Assertive Communication emphasizes the importance of both peoples' needs. During this kind of communication, a person stands up for their own needs, desires, and feelings, but also listens to and respects the needs of others. Assertive communication is marked by confidence and a willingness to seek compromise.

What it Looks Like:

- Listens without interruption
- Clearly communicates needs & desires
 - Willing to compromise
 - Stands up for own rights
- Confident tone & body language
 - Maintains eye contact

Example:

Scenario	A friend asks to borrow your car. This will be very inconvenient for you.
Passive	Uh, sure. That's fine. Do you need me to fill the tank first?
Aggressive	No way! Why would I let you borrow my car? You're crazy to even ask me that!
Assertive	You know, I need my car that day, but I can make time to drop you off.

Practice: Fill in what each response would sound like. Make note of which one sounds most like you.

Scenario	Your boss asks you to stay late again. You're always the one she asks to stay late, and you have plans tonight.
Passive	
Aggressive	
Assertive	

Scenario	Your partner left a mess in the kitchen, and you don't have time to clean it up.
Passive	
Aggressive	
Assertive	

Scenario	Your server brought you the wrong meal at a nice dinner.
Passive	
Aggressive	
Assertive	

Scenario	A friend showed up at your house unannounced. You'd invite him in normally, but today you're swamped and don't have time.
Passive	
Aggressive	
Assertive	

Week 8: Controlling Worry

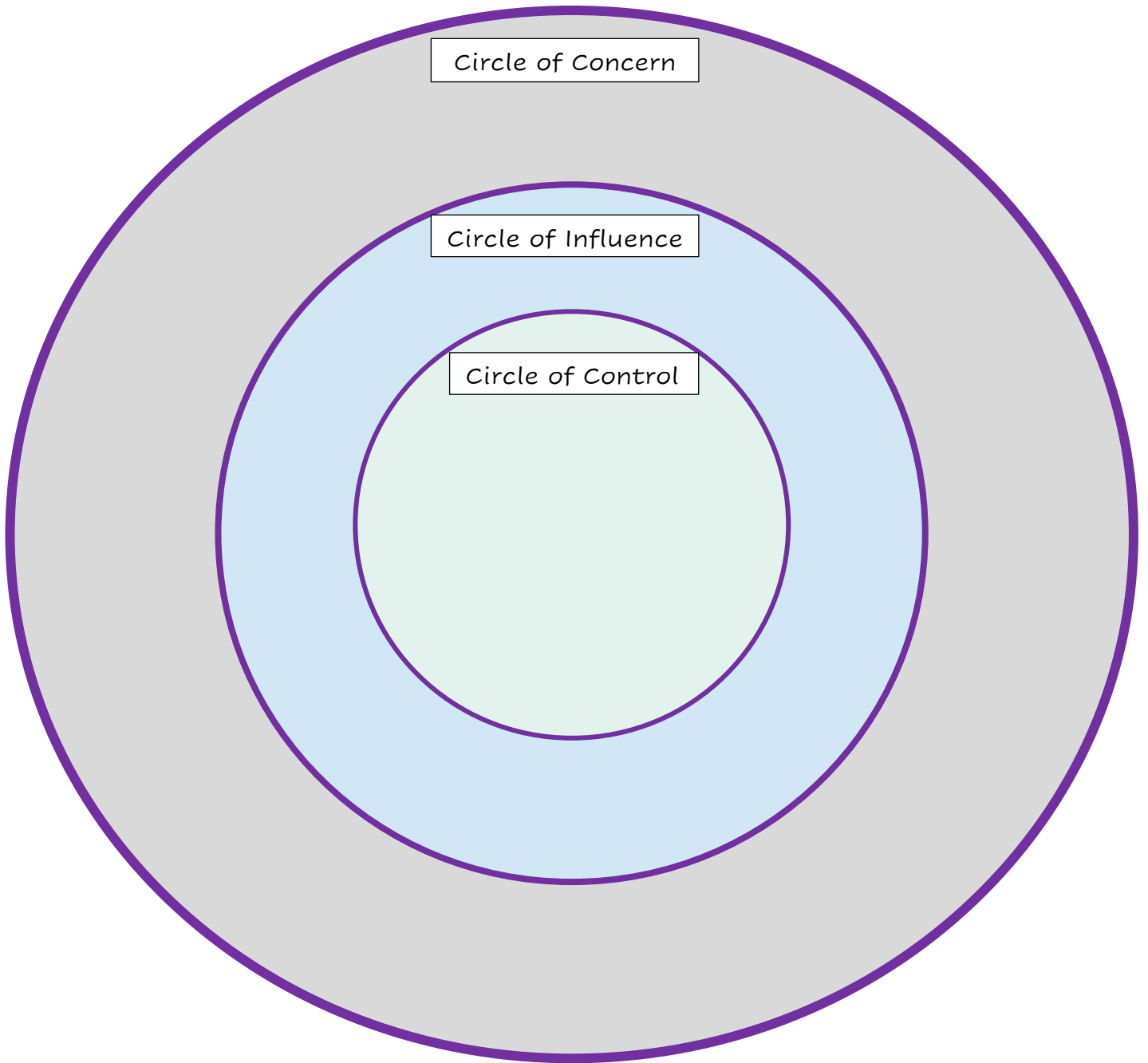
Many of us have worries and problems in life, sometimes these can become overwhelming and make us feel hopeless and low in mood. When this happens, it's useful to look at the circle of influence and separate our worries and problems into 3 areas...

1. (Circle of Control) - Worries I can control and therefore do something about (finances, weight loss)
2. (Circle of Influence) - Worries I can influence (other's involvement)
3. (Circle of Concern) - Worries I cannot control or influence (weather, other people's opinions, prices)

On this page, make a list of all your worries and concerns.

On the following page, fill out your circles for all of your worries and issues, putting them into the correct circle. In the center if you have control, in the middle ring if you have influence, and in the outside circle if you have no control or influence.

Prioritize the issues in the center first – these are the ones that will have the biggest impact with the greatest chance of success. Then move to the issues in the outer ring. You may choose to discard the issues outside of the circle – without control or influence it is important to let them go.



Weeks 9 & 10: Humility

DIRECTIONS: For the following questions, please indicate what your **current thoughts and feelings** are about how you would describe yourself **in general**. Use the following scale to indicate your agreement or disagreement with each of the statements.

1	2	3	4	5
Strongly Disagree	Mildly Disagree	Neutral	Mildly Agree	Strongly Agree

1. I have a humble character. _____
2. I am a truly humble person. _____
3. Most people would consider me a humble person. _____
4. My close friends would consider me humble. _____
5. Even strangers would consider me humble. _____
6. I think of myself too highly. _____
7. I have a big ego. _____
8. I think of myself as overly important. _____
9. Certain tasks or jobs are beneath me. _____
10. Other people appear inferior next me. _____
11. I come off as self-righteous. _____
12. I do not like doing menial tasks for others. _____
13. I know myself well. _____
14. I know my strengths. _____
15. I know my weaknesses. _____
16. I am self-aware. _____

Achievement in the Big Picture

Write about a time when you accomplished something. What did you feel, think, see, and do before, during, and after?

How does the importance of this accomplishment or abilities involved influence how humbly you act?

Can you think of any examples in which someone lost touch with their perspective and felt overly important?

What is so important about keeping things in perspective?

Rank the following in order of importance (1 being most important):

- _____ Day-to-Day Activities
- _____ Doing Small Good Deeds
- _____ Helping Humanity
- _____ Friends' & Family's Well-Being
- _____ The Natural Wonders of Earth
- _____ How Many "Likes" You Get
- _____ Your Idea of G-d/the Sacred
- _____ Spending Time Doing Things You Enjoy
- _____ Getting Recognized for Your Work/Effort
- _____ Connecting with People, Places, Things
- _____ Leading a Meaningful Life
- _____ Order in the Universe
- _____ Making Others Happy, Even Strangers

Now pick a significant person in your life who has, in some way, acted as a role model for you during your past. Think of five things you appreciate about that person and write about them. Try to write a thoughtful analysis and not just make a bulleted list. Write a short letter of appreciation to that person, describing how they have influenced you and how you wouldn't be who you are today without them. How does writing this letter make you feel?

Answer the following questions:

1. What are you grateful for? Do you consider yourself a generally grateful person? To whom are you grateful and for what?

2. Are you often altruistic? Can you think of a time you behaved altruistically? What happened? How did you feel? How did the other person/people respond?

3. Are you on good terms with everyone in your life?

4. Think of something you know your pride is getting in the way of you changing or improving. How can you use openness and adaptability to change this for the better?

5. Think of someone that your pride has not allowed you to forgive. How can you put your pride aside to mend the relationship? What would your gift of forgiveness mean to the person? To you?

6. Write a journal entry about your day without using the word "I" in your description. Focus on the value of the things going on around you.

7. How easy or difficult was it to remove your "self" from the situation?

Week 11: Honesty

The General Trust Scale:

The General Trust Scale was developed by researchers Yamagashi and Yamagashi in 1994. This scale will not provide an answer about how honest or trustworthy you are, but it will provide other valuable information—how trustworthy you find others, which is an important insight into your own relationship with honesty.

Rate the following 6 statements & take the average to find out how trustworthy & honest you believe OTHERS to be:

1	2	3	4	5
Strongly Disagree	Mildly Disagree	Neutral	Mildly Agree	Strongly Agree

_____ Most people are basically honest.

_____ Most people are trustworthy.

_____ Most people are basically good and kind.

_____ Most people are trustful of others.

_____ I am trustful.

_____ Most people will respond in kind when they are trusted by others.

Trust in People Scale

Similar to the General Trust Scale, the Trust in People Scale provides a measure of your general level of trust towards other people (1964 Election Study). It was first established in a 1964 post-election study.

There are only 3 items, and each presents only two options: a high trust option and a low trust option. The items and their response options are as follows:

1. Generally speaking, would you say that most people can be trusted or that you can't be too careful in dealing with people?
 - a. Most people can be trusted.
 - b. Can't be too careful.
2. Would you say that most of the time, people try to be helpful, or that they are mostly just looking out for themselves?
 - a. Try to be helpful.
 - b. Look out for themselves.
3. Do you think that most people would try to take advantage of you if they got the chance or would they try to be fair?
 - a. Try to be fair.
 - b. Take advantage.

Scoring: Give yourself 1 point for each A answer & 0 points for each B answer. Your score will be between 0 and 3, with 3 representing the highest level of trust in others and 0 representing the lowest level of trust in others.

HEXACO Personality Inventory-Revised

Unlike the previous two scales, this scale will provide an assessment of your own honesty rather than your sense of the honesty of others.

The HEXACO factors assess:

- Honesty-Humility
- Emotionality/Neuroticism
- Extroversion
- Agreeableness vs. Anger
- Conscientiousness
- Openness to Experience

In case you're not familiar with these factors:

Openness to experience can be understood as the personality factor that determines how open and accepting a person is of new experiences, bold thinking, and being vulnerable with others.

Conscientiousness refers to a person's tendency towards controlling their impulses and acting in socially acceptable ways.

Extroversion is a widely known factor that has an equally well-known flipside: introversion. Extroversion (vs. introversion) concerns a person's source of energy; extroverts derive energy from interacting with others, while introverts recharge when they are alone.

Agreeableness is generally understood as to how well a person gets along with others, or how easily they interact successfully with others.

Neuroticism (or Emotionality) refers to a person's general sense of self-esteem, self-confidence, and emotional stability.

Finally, the **Honesty-Humility** factor covers your willingness to manipulate others for personal gain, a tendency towards breaking the rules, or a sense of entitlement. Those who score high in this factor are more inclined to be honest and humble, while those low in this factor are likely to show less concern for truth and modesty.

The HEXACO Personality Inventory-Revised, or HEXACO PI-R, includes 100 items and produces a score for each of the six personality factors. Items are rated on a scale from 1 (strongly disagree) to 5 (strongly agree). You can take the test at the link below and your score will be available to you immediately (also in downloadable PDF). The test takes about 15 minutes to complete.

<http://hexaco.org/hexaco-online>

Practicing Open & Honest Communication

Practicing open & honest communication is sometimes trickier than it seems. This can be especially true when we are dealing with conflict or feeling blamed or guilty.

In these instances, we may say hurtful things or things we don't mean while attempting to express our needs or emotions. Using "I" Statements can be a straightforward way to communicate how you feel while owning your feelings and outlining the details of the problem as you perceive it.

Fill in the blanks for practice creating your own "I" Statements.

Ex: I feel _____ when _____
 (emotion) (situation/context/challenge)

Situation	"You always make me late because you never tell me the plans in advance."
"I" Statement	"I feel stressed out when you don't update me about our plans."
Situation	"You always talk about your incredible weekend. When you know I have no days off."
"I" Statement	"I feel left out when I can't join in your weekend plans."
Situation	A relative asks to borrow money for the third time this week. You're trying to save money and are tight on cash.
"I" Statement	
Situation	Your neighbor throws loud parties almost every weekend that go well into the night.
"I" Statement	
Situation	Your partner can't make it to your work holiday party after promising he/she would be there.
"I" Statement	

Week 12: Putting It All Together

Welcome to Week 12! You're entering your final week of The Battleground! I hope you've found the Work beneficial, that you've really taken the time to put your heart and soul into it, and that you've grown in ways you didn't think possible.

Now is the time to put it all together. You may be finishing The Battleground, but your fight isn't over. Every day, you are fighting. This doesn't have to be thought of as a negative. Warriors fight. It's what they are trained to do.

For your final activity, you need only a pen and paper. Sometime during the week, or after you've completed your final workout, write yourself another letter. This time, your letter should discuss what you've learned, how you feel now that you've completed the program, what challenges you faced and how you overcame them. Include your successes as well. Detail as much or as little as possible. Tell yourself how you are feeling about yourself.

As a grand finale, find your first letter from 3 months ago and read it. Then, take your Week 12 letter and stand in front of a mirror and read it to yourself. Pay close attention to how you feel in this moment.

Congratulations! You've completed The Battleground!

(Scroll down for One Last Thing)

You are a freakin' beast! You're a
Warrior! You've conquered something
that probably felt insurmountable when
you started 12 weeks ago!

Listen. This fitness stuff, both physical and mental, is difficult. If it weren't, we wouldn't be facing a global obesity epidemic and rising anxiety and mental health issues. It's scary when you're attempting to make changes, to tackle a challenge, to improve your life.

It can feel lonely, isolating, defeating, terrifying, daunting, pointless even. But, you did it!

You have what it takes, and I don't want you to ever, ever, ever doubt that you can face whatever obstacle or fear you are confronted with. After what you've just accomplished, you should feel Herculean!

If you feel so inclined, I would love it if you would take the opportunity to post about your experience in the Members-Only Facebook group! Encourage your fellow Tribe members to take on The Battleground! Let them know what you learned, and that you'll be a supporter when they do set their sights on it!

Remember – this is just the beginning! Whatever you choose to do next, do it with grace, with strength, with conviction, and with the heart of a Warrior!

You've EARNED it!

To Your Health!

Xx
~Julie

Resources

Most of The Work in The Battleground was adapted from Martin Seligman's Positive Psychology. Many of the worksheets in his program provide either the basis, or the content, of many of the worksheets you've done here, and are used with permission.

The Humility exercises were adapted from evworthington.com

Circle of Influence adapted from Stephen Covey's *The 7 Habits of Highly Effective People*.

If not covered here, the worksheets are my original content.

A few apps to track calorie intake:

- My Fitness Pal (just to log food...do NOT use their calorie calculator)
- Weight Gurus
- Happy Scale
- Lose It

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