

PEERtrainer on track

Class 12:

You Are A Warrior

PEERtrainer™

<http://www.peertrainer.com>

Jacqueline Wicks

Josh Wayne

Contact:

coaching@peertrainer.com

This information is intended for the sole purpose of participants in the PEERtrainer On Track Program. This is not a substitute for medical advice. Please seek a physician if you have any questions or need medical advice or attention when starting a weight loss program.

Class 12

You Are A Warrior

- I. It's time to take an active inventory of your new learning and your successes.
 - a. It's very easy to take an inventory of where you disappointed yourself and fell short.
 - b. Important to also really be noticing the good choices you made.

- II. A great metaphor for remembering and celebrating your successes, and for staying on track is *Your Inner Warrior*.
 - a. A lot of people have difficulty accepting that they are a warrior, and that's mostly due to a misunderstanding of what that means.
 - b. **People think a warrior is a perpetrator, but historically warrior's stand for justice, the right way, character and dignity.**
 - c. A woman can be a warrior just as much as a man.
 - d. **A warrior stands for truth, protecting the weak, standing up for what is right and what's just.**
 - e. Doing the right thing, in spite of adversity
 - f. It's one of the key aspects of each of our psychological make-up.
 - g. Men ... defending the tribe or family
 - h. Women ... defending the children

- III. At a personal level it's about having the courage to go after what you want:
YOU ARE A WARRIOR

- IV. That part of you that doesn't take no for an answer; doesn't back down; doesn't quit, even if it's tough.

Class 12

You Are A Warrior

V. What does it mean to live like a warrior?

- a. To stand up and face challenges. To not back down.
- b. **To speak your mind and stand up for what you believe in.**
- c. To keep your head in the game, even when you want to retreat/quit.
- d. To stay positive and optimistic, even when it would be so easy to be otherwise. Not losing hope or faith.
- e. **To confront your fears and face them head on.**
- f. Point is not to not be intimidated/scared, it's to proceed in spite of it.

VI. This isn't necessarily always big and dramatic. Sometimes happens in the most ordinary ways.

- a. Saying something you're afraid to say.
- b. Saying no to dessert at a dinner party when you feel guilty embarrassed to stand out.
- c. Anytime you want to do something, but you're afraid of how others will respond, what they will think. Accepting that some things you have to do won't necessarily be comfortable.

VII. It's also about staying positive.

- a. If you're having a really rough spot, not getting depressed. It's one thing to be having a hard time about a situation. It's a totally different one to be getting depressed/despairing about it.
- b. **It's critical to stay positive, to continue to move forward. Asking, "what can I do next?", instead of "Why me?"**
- c. Not feeling sorry for yourself.

Class 12

You Are A Warrior

- d. Not being a victim. Owning your own experience and your own life.
- e. Not wanting things to be other than the way they are
- f. Taking 100% responsibility for yourself. No one else is responsible for your experience. You own it 100%.

VIII. Remember: you already have the tools you need. You just have to use them.

- a. If you don't use your tools, you can't benefit from them.
- b. Imagine you have a really stocked kitchen. Tons of dishes, pots, pans, silver, fine china. Appliances wall to wall in your kitchen. If you were having a big dinner party, would you decide not to use all the kitchen/dining supplies you have?
- c. Would you rent new plates/bowls/pots/pans/stemware/silverware? Would you borrow from a neighbor?
- d. Of course you wouldn't, you'd use what you have. That's why you collected it all.
- e. Same with the tools you've developed.
- f. Breathing, moving through it. Things will work out.
- g. Trusting that things will work out, and recognizing that if you use your tools, you're going to come through challenges much smoother and stronger.