

# The **Fit, Focused, and FIRED UP** FEBRUARY CHALLENGE!

## Get FIT!

"Take care of your body. It's the only place you have to live." -Jim Rohn

**Your body is the vehicle** that drives you throughout your life. Taking care of this vehicle will put you in the express lane to leading a faster, longer, stronger life. Being in great shape also means more energy and higher self-esteem! Who wouldn't want that? This month get recommitted or step up your fitness game. Everyday do something that improves the quality of your health. For example: workout, drink only water, healthier meals, ect.)

**Below in the box write the one thing you did towards your fit lifestyle.**

## Get FOCUSED!

"Where focus goes, energy flows, and result show." -Unknown

**Bruce Lee said**, "The successful warrior is the average man, with laser-like focus." The more you stay focused on what is important to you, the more you will lead a purposeful life. Everyday this month do something that focuses your strengths, goals, and passions. For example: read your craft, rewrite your goals, take a class, follow a mentor on youtube, talk to an accountability buddy, ect.

**Below in the box write the one thing you did to stay focused.**

## Get FIRED UP!

"Success is the ability to go from challenge to challenge without losing enthusiasm." -Winston Church Hill

**If you want to live a charged up life** you need to start with yourself. This is why you must get fit and focused on yourself to radiant enthusiasm and become fired up for life. Life can be tough and we all go through challenges. These challenges, however, are easier to overcome when you are strong and focused. Now the goal is to stay fired up and to continue to push through your obstacles. One way to stay fired up or get fired up is to help someone else achieve, be, or have what you want. Being a go-giver always naturally makes you feel good, which fires up your willpower to continue to achieve big. Everyday get fired up by helping someone else improve or fire them up. For example: motivate someone else to workout, send someone inspiration on social media, show appreciation for someone in your life, ect.

**Below in the box write the name of the person you inspired today.**

FEBRUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

