

aligning to values *Health & Fitness*

MY VALUE	SIGNS WHEN I AM ALIGNED	SIGNS I AM NOT ALIGNED
<i>push for</i> Progress	<input type="checkbox"/> Aiming for a 9+ RPE on the last reps /sets <input type="checkbox"/> Complete all my sets and reps	<input type="checkbox"/> Showing up but doing the bare minimum <input type="checkbox"/> Working at 8.5 RPE or lower
Deservering <i>through discomfort</i>	<input type="checkbox"/> Pushing through those last reps, even to failure <input type="checkbox"/> Managing the feeling of hunger to avoid overeating	<input type="checkbox"/> Ending a workout feeling like I have more in the tank <input type="checkbox"/> Caving & eating something that was not in the plan or adjusted for.
Prepared	<input type="checkbox"/> At the gym knowing what I am going to do & excited to do it <input type="checkbox"/> meals prepped or planned ahead	<input type="checkbox"/> no plan for food and workouts <input type="checkbox"/> having to make decisions in the moment (esp. food)
Persistence	<input type="checkbox"/> achieving what I set out to do when the conditions change <input type="checkbox"/> reorder/substitute exercises on what is available	<input type="checkbox"/> Dont make a habit of skipping gym after a big day or when things didnt go to plan (but on occasion is ok for mental health)
Pursue <i>the storm</i>	<input type="checkbox"/> Push past my dislike for a crowded gym - just get in and get it done.	<input type="checkbox"/> Allowing my emotions to lead me out the door before I even start.

Note: In this example it is my own personal notes to contextualise the values. It is not a recommendation.