



5-STEP PROCESS FOR SELF-DISCIPLINE

Learn how to be more disciplined in your fitness journey

Tanvi Parikh



Just like you, I struggled heavily with staying disciplined in my fitness journey. I wanted to be perfect from day 1, but every time I tried to, something or the other happened in my life and I had to put a “pause” on my journey. One day, I sat down and penned a process which felt realistic to me and would work for me.

Today Im sharing it with you...

This process is for anyone who is constantly struggling to maintain discipline and build consistency in your fitness journey.

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THE SURPRISING SCIENCE BEHIND SELF-DISCIPLINE AND FITNESS

Self-discipline is often the missing piece in the puzzle of fitness success, especially for those juggling a 9-5 tech job. It's not just about finding time for workouts; it's about creating a mindset that prioritizes your health. Let's dive into the workings of your brain that can help you understand self-discipline better.

Your brain is wired to seek pleasure and avoid pain—this is known as the “pleasure principle”.

When you think of exercise, your brain might initially view it as 'painful', making motivation hard to come by.

However, regular exercise actually releases endorphins, chemicals that make you feel good. Over time, your brain starts to associate workouts with this pleasure, making it easier to stick to your fitness routine.



Now, let's break down the process of building self-discipline into five simple steps:

Remember to use these steps as guidelines - not a rule-book. Tweak them to suit your lifestyle and needs



Step 1 - Clear Goal Setting

To effectively set goals, you need to think about what is both inspiring and realistic for you. Let's say you decide to run a 5K. Break this into mini-goals: start with running a shorter distance and gradually increase your target each week. Use a tracking app to log your runs and visualize your progress. This approach not only makes your goal seem more attainable but also provides regular satisfaction as you hit each mini-milestone, which is crucial for maintaining motivation.

Step 2 - Micro-scheduling

Integrating exercise into your daily life can be done in small intervals. For example, if you find it challenging to commit to a 30-minute session, you can split it into three 10-minute sessions. A 10-minute workout in the morning could be a quick jog or a session of jump rope. Another 10 minutes of brisk walking or stair climbing can be squeezed in during a lunch break. The final 10 minutes could involve strength training or stretching in the evening. The idea is to make exercise non-negotiable, like a meeting scheduled in your calendar.

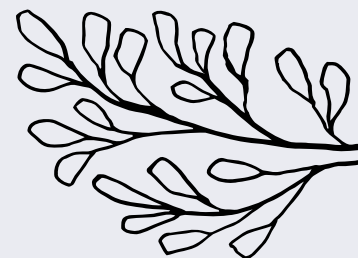


Step 3 - Environment Design

Personalize your environment to trigger healthy behaviors. If you're working from home, convert a small area into a workout zone. If in the office, keep resistance bands or hand grippers in your drawer. Make it so that your chosen exercise equipment is visible and easily accessible. The less friction there is to start exercising, the more likely you'll follow through. If you spend a lot of time in digital environments, use your computer or phone wallpaper with fitness-related images to keep your goals top of mind.

Step 4 - Track & Reward

Documentation is powerful. Whether it's a simple checklist or a sophisticated fitness tracker, recording your exercise sessions can provide a sense of accomplishment. Each checkmark is a visual high-five. For your reward system, it's essential to choose incentives that don't undermine your fitness goals. If you've completed all your planned workouts for the week, consider a reward that aligns with your objectives, such as new workout gear or a session with a personal trainer to refine your technique.



Step 5 - Accountability Support

Accountability can significantly enhance your commitment. Make a public declaration of your fitness goals on social media or within a group of friends or colleagues.

You could even join us on a fitness challenge in the [Tanvi Parikh Facebook Community_group](#) where members share similar goals.

Regular updates to this groups will keep you accountable, and the social support you receive can be a powerful motivator.

This could be as simple as a daily check-in with a friend to confirm you both completed your planned exercise.



ACCOUNTABILITY GROUP

Start by integrating one step at a time in your day-to-day and you will soon master the art of self-discipline



FREE Self-Discipline Consultation Call

Book a no-cost video consultation with the TNV Method Team! In this call we will guide you with:

- Learning about YOU and Understanding your fitness goals
- Understanding your mindset and why you have not succeeded in your journey so far.
- Give you valuable tips for FREE which you can apply right away
- Answer any questions you have on Fitness, Nutrition & Mindset

BOOK YOUR FREE CALL