

Training #4

Your Champion Life: Understanding Fixed Cycles

Hello Champion!

As we discussed in the very first training of this series, in order to uncover and build Your Champion Life you must identify obstacles and beliefs that limit your potential and keep your Champion in the shadows.

We've explored hindrances and mentalities that might be holding you back. In this training, we'll take another step to unveil more limiting beliefs and obstacles. Additionally, we'll focus on recognizing and nurturing the positive aspects of yourself that we aim to strengthen for a more profound impact on your life.

Fixed Cycles are like preset programs running in your life, and they can be established at any time. However, some of the most challenging ones often take root during our formative years, especially between birth and age 10. These early Fixed Cycles are locked in your subconscious and may go unnoticed until a moment prompts you to question or challenge them. They become ingrained in your way of life until you decide, "I want to change the outcomes my life is producing."

Negative Fixed Cycles, such as depression, obesity, failed relationships, and a sense of inadequacy, can emerge from these early patterns. As we navigate through this Training, consider the possibility that you may have developed Negative Fixed Cycles in your life. Recognizing their impact on your identity and thought processes is crucial. Some Fixed Cycles are beneficial, while others may need to be challenged and transformed. Let's work together to reshape the unfavorable ones and reinforce the positive ones, moving you closer to living Your Champion Life.

God bless you,
Coach Ron

Key Concept:
Fixed Cycles must be
challenged & analyzed to see if
we want them in our life.



Training #4 Workbook: Understanding Fixed Cycles

#1 - What does the term “Fixed Cycle” mean to you?

#2 – Name 3 Positive Fixed Cycles that are present in your life. Describe why each of them is positive and supports your goal of living Your Champion Life.

#1 _____

#2 _____

#3 _____

#3 – Name 3 Negative Fixed Cycles that are hindering you and holding you back. Describe why each of them is negative and how they are impacting your ability to live Your Champion Life. Also include (if you can) when, where, and how you believe each Fixed Cycle originated.

#1 _____

#2 _____

#3 _____

