

April 2010

Looking forward to another great month at CF Flagstaff. Join us this month for our monthly challenge, "Mental Fitness".

Crossfit Flagstaff Newsletter

Issue 3 April 2010

Engaged!!!

Congratulations Noah and Linda on your recent engagement.



SD/AZ Sectional Qualifiers

Congratulations to Katie L., Tara, Izzy, Amanda, Sarah B., Todd, RJ, Greg, Robin, and Casey for competing in sectionals. Read more about their accomplishments [here](#).



April Challenge

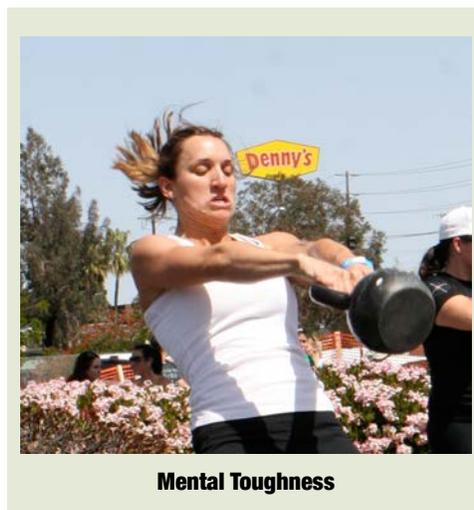
Mental Fitness

What are you thinking, pre-workout, mid-workout and post-workout? Are you even aware of your thoughts and how they are effecting you? Does your inner athlete sound like, "this sucks", "this hurts", "I can't do this", "I want to quit"? Or does your inner athlete sound more like, "okay, one more", "you can do this", "breathe, go again", "your doing great, don't quit"?

Why it Matters

What your thinking before, during and after the WOD matters. It affects how you preform, and how you feel after it's all

over. If you tell your self that your going to be unsuccessful then you will probably be unsuccessful. However, if you tell your self that you can accomplish the task in front of you, chances are you will.



Mental Toughness

Changing Your Thinking

Learning how to change your thinking in order to positively affect the outcome of

your workout is a challenge, but not impossible. A deliberate effort can bring about change and successful outcomes. Changing your thinking requires effort, time, and practice.

Where to Start

In order to begin the journey to strong mental fitness one must first be aware of their current thinking. Most of us are so accustomed to the constant litany of thoughts running through our head that we have learned simply to tune them out. So, the first step in this journey is awareness.

Taking the Next Step

We will be focusing this month on being aware of our thinking and working towards changing thinking that is detrimental to our workouts and our lives. Join us this month while we strengthen our mental fitness. Continue reading to find out how to participate.



Pre-Game Strategy



Utilizing the Tools

We will be using several tools to help us accomplish this challenge. Those that choose to participate will be required to utilize each of these tools in order to be as successful as possible.

Tool #1- The Journal

Each participant will be provided with a template where they can record their thoughts pre and post WOD. Copies of the template will need to be made, one for each day of the month April.

On the template will be several categories in which you will rate on a scale of 1-10 your thoughts for the day, 1 being the lowest and 10 being the highest rank. The categories include a pre-workout section, and a post workout section. The pre-workout section asks you to rate on a scale from 1-10 your motivation, stress, nutrition, and sleep for that day.

Mid-Workout Push



The post workout section asks you to rate your intensity during the workout, as well as, your positive and negative thinking.

Under positive and negative thinking you will be required to write specific things you were thinking during the workout. It is strongly recommended that you read OUT LOUD the things you were thinking, and then respond OUT LOUD to those comments as if they were made by someone else. In other words, say to yourself what you would say to someone else if they made the comments you did.

These journals are solely for you. No one else will be reading them. A trainer will simply ask that you bring it in once per week, and show at a glance that you have completed it for the week.

Tool #2- The White Board

In order to encourage positive thinking

Post Workout Victory



we will be utilizing the white board on the right side of the room as a comments board. Each participant will have their name written on the board. Each participant will be required to write a minimum of 3 positive comments about the other participants. Positive comments can also be written by gym members that choose not to participate in the challenge.

Sign Up!

There will be a sign up sheet at the gym. If you want to participate put your name on it. Also, don't forget to pick up a journal template and make yourself enough copies for the month.

Additional Homework Assignments

Read- [The Mind Game](#)

Read- [Taming the Inner Voice](#)

Watch- [The Peaceful Warrior](#)