

"Before I started this daily practice I felt out of sorts. By day 4 I was feeling peaceful in my own skin again." -

Christine G

# A SIMPLE 7-DAY PLAN TO INNER FITNESS

A few exercises to start strengthening  
your inner muscles in one week

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# **TRY STRENGTHENING YOUR “INNER MUSCLES ” WITH A FEW OF THESE INNER FITNESS EXERCISES:**

## **PRACTICE CONTENTMENT**

Yes it is true, happy and joyful people are content most of the time, because they choose to feel good about their life while striving for more from it. They may set goals to achieve greater heights of success, but are not consumed with the need to “have it all” right now.

Their identity and purpose isn't tied to what they do, or achieve, or accomplish, or own. There is an inner sense and knowing of who they are and where they need to be, they can bounce back easier from life challenges and disappointments.

### **Day 1**

Exercise your inner joy by practicing to choose to feel happy no matter what.

Example. Choosing to be happy instead of right when in a confrontation. Or choose to stay calm while in a traffic jam..

## PRACTICE INNER PEACE

Inner fit people just simply have an inner peace about them. They no longer battle their internal demons. They are gentle with themselves, with the world, with God, and with others. These people have made peace with their changing outer looks and life-circumstances.

They create peace within their hearts and are mindful and conscious of their thoughts, words and actions. They do not harvest guilt, or negative thoughts and energies, instead, they simply observe them.

They have learned how to “observe more and absorb less”. People with a strong “Inner Peace muscle” no longer hold on to any pain-filled pasts. No worries, no regrets and No FEARS.

Many times these peaceful beings will spend long periods of time with no one but themselves, happy in their own skin, immersed in their creative thoughts.

Strong peaceful people build their “inner peace muscle” through everyday life experiences.

They have developed a powerful inner wisdom that protects and supports them in all that they do. Inner peace comes from inner wisdom, which comes from the hard lessons, emotional pains and tough work required for transformation to occur. No pain No gain as they used to say at the gyms”.

Thank goodness we now know that we can be healthy, happy and strong without pain when we become more inner fit in all areas of our health, and address the emotional, mental, physical and spiritual sides.

## Day 2

Exercise 1 Practice inner peace by finding courage to let go of things and people who no longer serve your highest good.

Let go of past fears that have blocked you from experiencing more inner peace. Forgive and accept yourself for the child of God you are, inside and out. Practice forgiveness of others and of yourself.

Exercise 2 Practice Inner Peace with daily prayer/meditation.

Strengthen your ability to access your higher- self and divine intelligence connection by practicing stillness. Just pick your favorite place and way to meditate or pray and simply ask God/higher self, which lives within you, to reveal what it is you need to know right now to achieve complete inner peace. And then sit back and listen.

## PRACTICE INNER CONFIDENCE

Inner Confidence is a real super power, no doubt! People who are blocked with insecurities, with thoughts that they don't measure up, or they lack what everyone else seems to have, robs them of personal happiness. They often feel less-than, inadequate and in some significant way handicapped.

On the flip side, people with a strong "inner confidence muscle" feel good about who they are and what they can accomplish. Inner confident people really do like themselves and truly believe that they can handle whatever challenges come up in life.

Inner confidence builds strong resilience and the ability to bounce back from disappointments and pain in ways that allow them to step into unknown territories with total faith and belief that everything will be ok. They have a "glass is 1/2 full attitude" about everything in life.

This kind of self-confidence is not a cocky disguise for hidden fear, such as with arrogant people; inner fit people practice a humble self-confidence that resonates from their inner strength. They have a peaceful assurance that they are not victims of circumstance. They see themselves as empowered adventurers on this journey we call LIFE, and they accept responsibility for their own experiences and the things they create, or not.

## Day 3

Practice self-confidence intentionally all day. Instead of living in fear from failure or not having what it takes, just believe that you are confident, you will build more inner strength by working this inner confidence muscle as often as possible.

## PRACTICE INNER FULFILLMENT

Happy people feel that life is good and that the work they do in the world is fulfilling. They choose to do meaningful work, or something that has some kind of meaning and purpose.

Many happy people talk about having “found their life’s purpose.” There is a sense of fulfillment in knowing they are doing what they were meant to do and are becoming what they were meant to become.

## Day 4

Take some time today to ponder your satisfaction with your work and fulfillment of your purpose in life. Do you have passion for what you do? Do you feel content and energized by your work? Do you feel that you are providing some kind of good in the world in some small way? Ask yourself these questions and listen for the answers to come to you. Explore and discover yourself by keeping a journal to write down your thoughts and feelings around this subject. Meditation can be very useful in listening for these answers and building your “inner spirit muscle”.

## PRACTICE INNER SMILING

People with a strong “inner smile muscle” tend to smile and laugh a lot. They keep an inner smile inside themselves. They do not take life or themselves too seriously. These are those people we feel good around, because they are usually wearing a smile that is authentic and contagious.. They see the good in life and are grateful for it. They find joy in the simple things, the daily things, the things most people often take for granted.

### Day 5

Practice smiling at people more and see what happens to your “joy muscle”. Do this as often as possible, don&#39;t worry, you can't overwork this muscle. :}



## PRACTICE INNER PASSION

A strong “ inner passion muscle” creates an excitement for life. These people have hobbies that make their heart sing, and pursue challenging professions that fulfill their souls. They enjoy learning and growing through life. Passionate people are adventurers of experiences and are not afraid to take on risks that have been carefully weighed and measured against their inner knowing. We experience joy when we are doing the things that bring us great passion.

### Day 6

Write or journal the things you feel passion for. Is there anything that you have always wanted to do but never did? What kinds of creative things did you enjoy the most when you were a kid? Things like Art, writing, photography, cooking, sculpting, riding horses, building things, playing music, singing or dancing?

Explore those things that make your feel creative and passionately expressive.

## PRACTICE SELF-LOVE

People who have a “strong self-love muscle” respect and accept themselves with all of their imperfections. They understand that no one is perfect and yet everyone is perfect. They believe that we are all here to experience contrasts so that we can learn from our mistakes, and imperfections.

People who practice self-love respect themselves enough to experience life in the best way they can. They see the value in working on themselves and exploring personal growth potentials.

People who have a strong “self love muscle” continue to develop their personal talents.

They surround themselves with the things, people and environments that ignite their spirit and bring them joy. They also work at resonating at a higher frequency so that they can be the love

that is both given and received. A strong “self love muscle” never lets one compromise on integrity or to the pressure of others’ expectations. People with self-love stand firmly on principle and values.

People who love themselves take care of their body, mind and spirit and honor it as the living vessel of God that it is. They nourish it with good healthy foods and products, with positive and healing thoughts and with nurturing environments to protect against the toxins that destroy our health and wellbeing.

## Day 7

Take time today to do something that is loving to yourself. Take a bath, get a massage or pedicure, enjoy a delicious healthy meal, take a walk in nature or anything that makes you feel nourished and cared for.

### PRACTICE ATTITUDE ADJUSTMENT

It's crazy how two people can experience an identical situation and one will grumble at the boredom he/she experienced, while the other expresses the fun he/she had, it's true isn't it?

Happiness really depends a lot on attitude.

Happy people have a strong "inner attitude muscle" and are too busy engaging and enjoying life to worry what others might think. Happy people relish life's experiences.

These people also love to experience life through their senses and understand how these sensations affect us on many levels. They take advantage of them and seek them out, things like exercise, music, aromatherapy, and being with positive people. Enjoying a fun activity, being in nature or anything that helps you shift from a bad mood to a more positive one.

Life is often a wild, fun-filled adventure to those who are deeply happy. They see awe and wonder and humor in the daily grind. In short, life to a happy person is just plain fun.

You should work this "inner attitude muscle" everyday:}