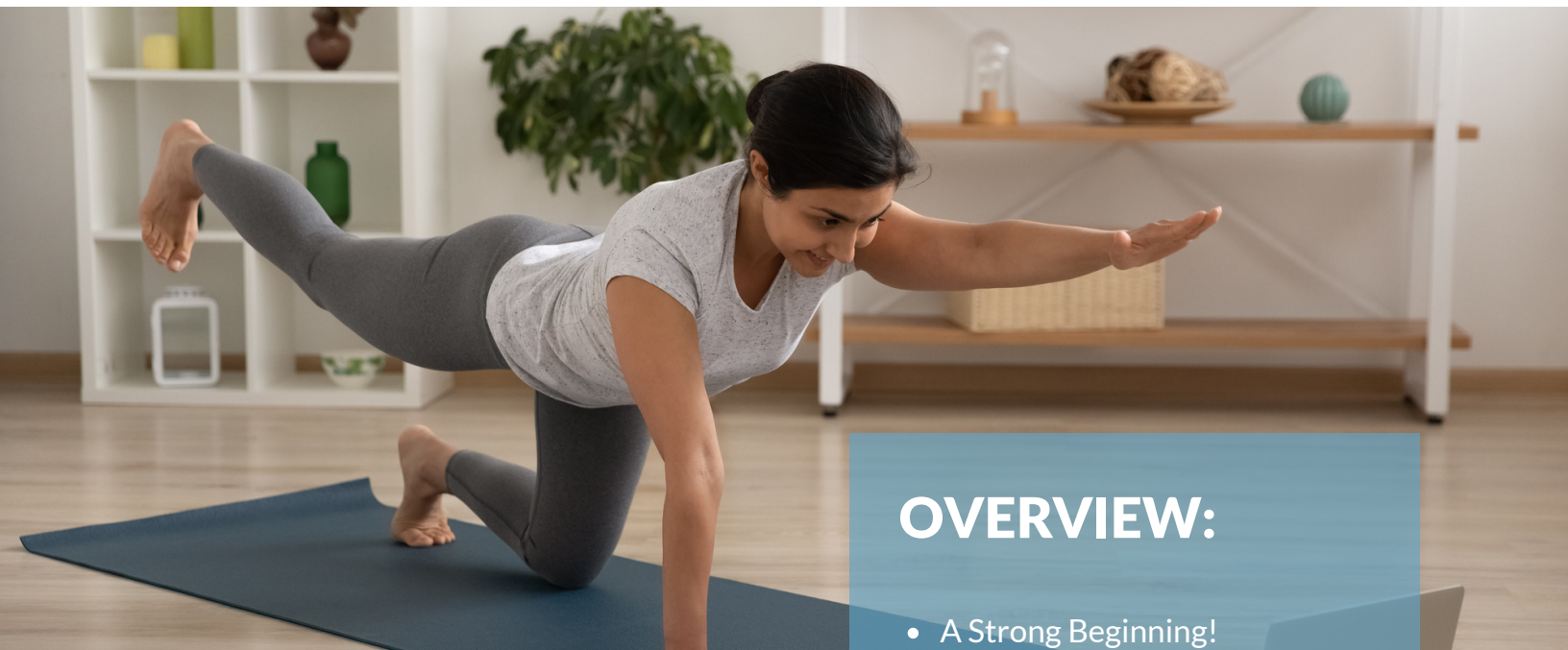


THE MORE YOU KNOW



An invitation to more in your P-FIT Program



A Strong Beginning!

In Module 1, you'll be introduced to the training itself—what it's about, what to expect, and how to prepare for success. Preparation is the key to getting the most out of your study time.

Most importantly, we encourage you to begin strong on your daily meditation. Training is not just about gaining knowledge, but also about forming your heart and spirit.

Over the next few months, we will be on an amazing adventure in mind, body, and soul. We cannot wait to accompany you on this journey!

OVERVIEW:

- A Strong Beginning!
- Prepare well for your training
- Your Pietra Fitness "WHY"

This resource is provided for you to enhance your training with additional information, tips, and more as you move through P-FIT.

BE PREPARED:

Arrive prepared to your Zoom sessions . Whether you are in the 9-Month Cohort or in the Self-Paced, know ahead of time what to bring and how to prepare.

Prepare well for an effective training experience

You have received your P-FIT Manual, Coursework & Supplements Binder, your Crucifix (Please have it blessed as soon as possible!), your *In Conversation With God* set, prayer card, and P-FIT Portal Login! You have also had a couple of months to dive into the training. Many of us may have been away from "studying" for a while so here are some tips to begin creating a consistent study habit:

- Schedule your study time.
- Check the calendar in the portal often for important dates and info.
- Use your coursework sheet to track your module progress.
- Schedule your practice time with your portal training videos.

- Print out your practice teaching benchmarks and ensure you have the hours needed before we meet.
- Check the Blog regularly.

Your training team is ready and willing to answer your questions; we want to be sure we never miss a chance to help you be the best instructor you can be!

With this in mind, we will be using email as the primary mode of communication. Please be sure to read every email correspondence in it's entirety and feel free to reach out to us with any questions. We will respond to your emails within 24-48 hours.

You can count on our prayers and support throughout your P-FIT journey!



Discover your Purpose!

It is not by chance you are here. God has endowed you with an incredible and unique set of gifts, talents, strengths, and limitations. No matter what, you are here for a reason, and we welcome you! The simplest way to discover your purpose here is to know your "Why". See below.

"Why" Pietra Fitness: Creating your Why Statement



One important part of being a Pietra Fitness Instructor is knowing WHY you are doing this! When we have a definitive statement as to "why" we are doing something - or *not* doing something we have a better understanding of where we are headed in our lives. As an instructor, your why statement has the power to transform your practice and direct your focus to where God is leading you.

Take some time to write your why, try these tips:

- Use a format like: "To _____ so that _____."
- Keep it simple & clear
- Actionable
- focused on how you will contribute to others
- use affirmative language that resonates with you

A prayerful, intentional "why" statement is integral to your development - personally, professionally and spiritually.