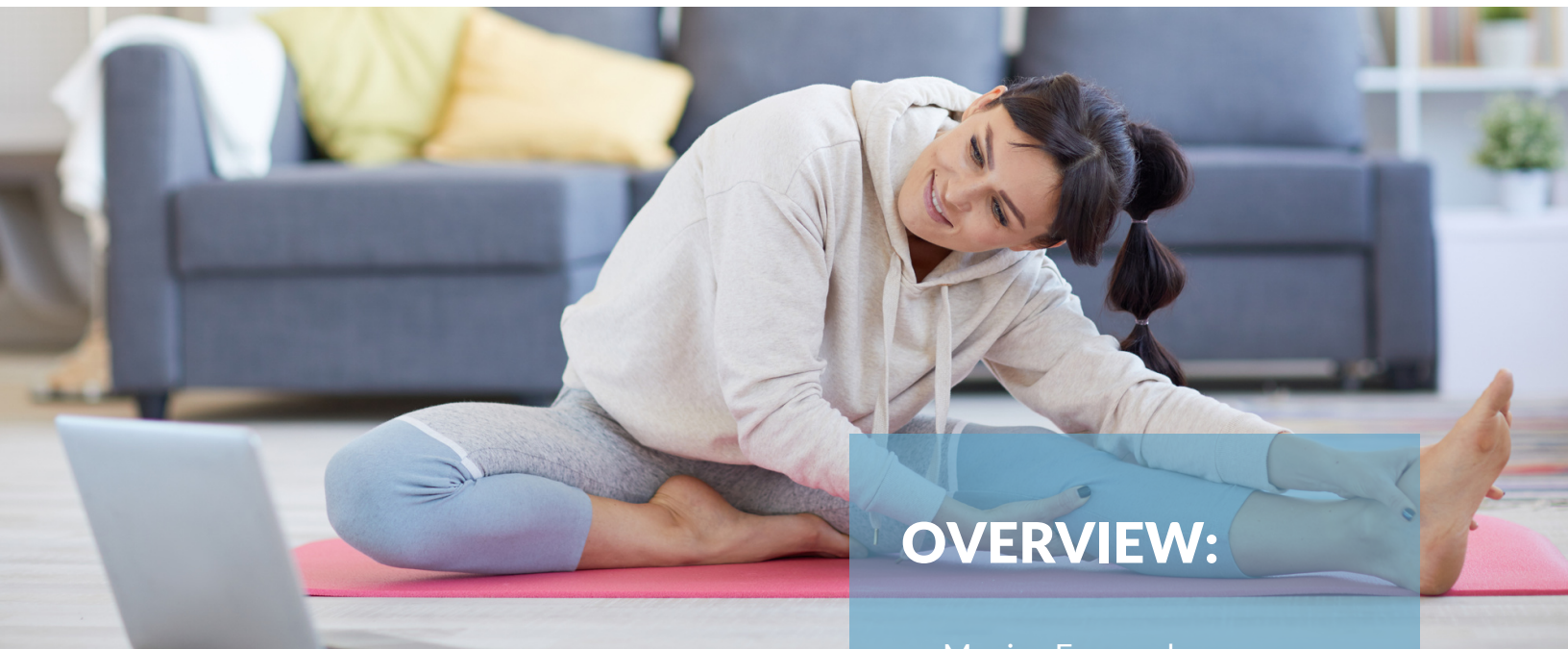




THE MORE YOU KNOW

An invitation to more in your P-FIT Program



Moving Forward!

In Module 2, you'll dive into Pietra Fitness—who we are, what we do, and why we do it. We hope that as you learn more about us, you'll begin to see this as not just a training program, but the start of a beautiful friendship—with us, with other students, and most importantly, with God.

OVERVIEW:

- Moving Forward
- Focus on the Process
- 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:

Ensure you are working on the material so that you are prepared for your Zoom sessions. Also, turn in your logs and reflection questions on time!

Focus on the Process Not the Outcome

As you go through the training, remind yourself to "trust the process." This is an important mindset to have as you learn a new language, learn about your body and mostly learn about Our Lord.

The P-FIT process is an incremental approach where each module builds upon the last.

Our goal is certification, but the process exists to assist you in breaking down this goal into skills and practices which are reinforced by small daily actions. Of course, we want good results but we also need consistent action to get there.

Take some time and think about some ways your current actions can support your P-FIT process.

- Do you have a set time for your studies?
- Is your study space free from distractions?
- Struggling to get your daily Pietra Fitness Practice in? Can you break it into smaller pieces?



- Are you cultivating your Daily Meditation practice?

ENJOY the process and strive for intentional preparation as you look forward to your Zoom sessions.

It's easy to get preoccupied with the future - instead let's live in the moment and TRUST the Process while trusting in HIM!



"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.