

10 NLP FITNESS PHRASES

REHEARSE THESE EVERYTIME YOU FACE
A ROADBLOCK TO BEGIN YOUR NLP
JOURNEY



I don't have to work out—I get to move my body



Reframe exercise as an opportunity rather than an obligation. This shift makes movement feel like a privilege instead of a chore.



Every rep, every step, every choice makes me stronger



Chunking your progress into small wins keeps you focused and motivated



I am becoming the person who shows up—no matter what



Future pacing helps you step into the identity of someone who is consistent and committed



This challenge isn't a setback—it's proof I'm leveling up



Reframing obstacles as signs of growth shifts your perspective from frustration to opportunity



I'm in control of my energy. I choose to feel powerful today



Anchoring this phrase to a deep breath or a strong stance can reset your focus instantly



What if I could make this fun?



Meta-model questioning challenges assumptions and opens new possibilities, making fitness feel more engaging



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I've done hard things before. I can do this too



Mirroring past success reinforces self-belief and resilience, making challenges feel more manageable



I release old excuses and step into my new habits



Dissociation techniques help you detach from limiting beliefs and embrace new patterns



I already have everything I need to succeed—it's just about taking the next step



The swish technique helps replace hesitation with action by focusing on the next small move forward



I see myself winning, I feel myself winning, I am winning



Visualization reinforces belief, turning imagined success into a reality that feels within reach



TAKE NLP & FITNESS TO THE NEXT LEVEL

BOOK A DISCOVERY CALL TO START MAKING POSITIVE CHANGE IN YOUR LIFESTYLE

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