



Shape Up! A Quiz to Test Your Fitness Readiness

Getting in shape is one of the three most frequent resolutions, but researchers have found that more than a third of people struggle to keep their resolutions after just four weeks. Are you ready to be counted among the successful? Test your readiness to get fit and stay fit with this quick quiz.

First, review your fitness goal. (Write it down if you haven't done so already.) Now, consider these three questions. Place a checkmark next to each statement that applies.

1. Is now the time to get in shape?

- I recognize that becoming fit is an important step toward living the life that I want to live.
- I am committed to achieving this goal and am willing to be uncomfortable while working to accomplish it.
- I have enough space in my life to devote the time and effort that this goal will need.

2. Have I taken care of the basics?

- My goal is stated clearly and includes target dates. It is specific, measurable, and challenging yet realistic.
- I know what I need to do to achieve this goal and have put together a step-by-step plan.
- I have enlisted an accountability partner with whom I'll share regular progress updates.

If you checked *all* the items under questions 1 and 2, congratulations! You are well positioned to get in shape. If you weren't able to check them all, take a close-up look at the ones you have left unchecked. These items could get in your way as you take steps to get fit. What will you do to address these items?

3. Do I need a new perspective?

- This goal is a perennial favorite of mine. It keeps showing up on my list of goals time after time.
- I've tried to get in shape many times. I'll do well for a while only to lose my momentum.
- The people closest to me are getting tired of hearing the same reasons and excuses about why I haven't been able to stick to my fitness goals.

If you checked *any* of the items under question 3, you've likely hit some sort of ceiling, a way of seeing things (or, *not* seeing them) that's getting in the way of your progress. You could use an "aha" moment—a sudden flash of clarity about the reality of the situation.

You can prime yourself for an AHA! It's fairly easy once you get the hang of it. Be alert to seeing yourself clearly and noticing how you see the world. Be curious about what you discover and reflect on what you find. Then, relax while you wait for an insight. An AHA! can help you achieve even the most elusive goals.



Quiz creator Donna Hartney, Ph.D., is a performance consultant who works with global leaders and professionals at Fortune 500 companies to help them develop and implement strategies that bring out the best in people. Her new book, *The AHA! Handbook: How to spark the insights that will transform your life and career*, is the first research-based self-help book that teaches readers how to spark pivotal realizations. Learn more at www.DonnaHartney.com.

