



**DARCY LUOMA**  
CREATING HIGH PERFORMING PEOPLE + TEAMS

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## **Build Your Thoughtfully Fit® Core for Resilience and Results**

We all have moments where nothing's going according to plan — minor annoyances or significant life-changing events. Today you'll learn a strategy to build your resilience to handle any challenge thoughtfully — so you get results, instead of regrets.

And the cool thing is that when you implement this strategy it has a ripple effect. Your teams, your organization, and even your family will benefit and get better results, too.

I've seen it again and again.

When employees train to get Thoughtfully Fit, they become more aware of their thoughts and emotions — instead of being controlled by them. That changes the dynamics and culture of the entire organization. And that leads to more impactful results.



### **Life is hard. Train for it!**

Every day is an opportunity to get Thoughtfully Fit.  
Start training today. You've got this!

We'd love to support you! Contact us any time.

 **Learn more at [DarcyLuoma.com](https://DarcyLuoma.com)!**

# Your Workout to Get Thoughtfully Fit!

When you're Thoughtfully Fit, you act, react, and interact thoughtfully — in every situation. This is something you can do right when you leave here! No matter what the challenge, every day we encounter opportunities to become more aware of our thoughts and behaviors.

So if you want the resilience to handle your challenges thoughtfully, here are three ways to start training today. It's a challenge by choice, so you can do 1, 2, or all 3! Find all the links at [darcyluoma.com/workout](https://darcyluoma.com/workout).

## #1 • Engage Your Core

**Step #1:**  
Practice the Pause Pinch



**Step #2:**  
Take Time to Think

**Step #3:**  
Always Act In Awareness

## #2 • Take the Free Quiz

We all have hurdles that get in our way. But the most successful people know that identifying their biggest challenge is the first step to clearing it. Take this 2-minute quiz to identify YOUR biggest hurdle — and learn core strategies to start training to clear it today.

## #3 • Join the Thoughtfully Fit Gym

The Thoughtfully Fit Gym is a unique online training program (and community!) that'll take your self-awareness, leadership, and confidence to the next level, through live sessions and on-demand video workouts for your mind. Try out the Gym for FREE for two weeks — from the comfort of your own device — and get a workout without breaking a sweat.

**Get started at [darcyluoma.com/workout](https://darcyluoma.com/workout)!**