Secure your own mask

 Before assisting others

Dedications I dedicate this book to my Lord and Savior, Jesus Christ! It is through you that I had the strength and courage to continue on with this book and fight through the lies the enemy was placing in my head during the compilation of this project! Thank you for loving me, and never leaving me!

To my husband Curt, my biggest fan! My children, may you always dream big and put God first!

 Revision

I sit here a full 8 years later after first writing this eBook a completely changed woman…. AGAIN!! I remember when I couldn’t imagine the life I live now!

At the time of the original writing of this book, we were still recovering from our worldly ways. We had only been out of bankruptcy about 3 years at this point, living in an apartment and training 60+ hours a week in my training studio.

Some may think that is success but let me let you in on a secret.

Success without fulfillment is FAILURE.

I was missing my life. Missing ballgames, kids in daycare, and existing in my marriage.

Not only that, but the wealth of more knowledge I have gained in not only nutrition, but the wisdom I have gained.

From the time of the original writing, I was 5 years into my walk with Jesus Christ. I was and AM sold out, but now 8 years later, I can call myself a wise woman.

My marriage is amazing. My children are older, and they are champions.

We have built a multi-million-dollar direct sales business, which we got started shortly before I wrote original manuscript. We have lived in 2 dream homes since. We just built a beautiful new home last year. My two youngest go to an amazing private Christian school, which we are blessed to be able to send them too. We have traveled many places, been on family cruises on the largest ship in the world. Been to Greece, Italy and Paris, and many beautiful beaches. I have written 2 more actual books and now I can add published author to my name. I started a ministry about 6 years ago, and I just recently made the decision to corporate that so that I could reach more people. We sold the training business just a year after the writing of this book and have been full time work from home parents to our kids. We have been home with them since they were in the first grade (our two youngest anyways) and now my oldest daughter is traveling the world and my oldest son is an entrepreneur and my two youngest are in the 8th grade. We then purchased an Anytime Fitness franchise 3 years ago and Curt has been able to work with his little brother TJ, which has always been a dream of his.

So, LOTS of personal development has happened since writing the first time.

I am keeping the message the same because I was and AM an expert not only in health/fitness and nutrition, but in teaching someone how to go from their current reality to a whole new reality that they couldn’t have even dreamt up themselves.

I was going to change something, but I decided not to, but I did add some new things that I have learned on this past 8-year journey.

So, enjoy reading about the author…. because I am completely different!

It wasn’t me friends……it was Jesus in me…and me just submitting and letting Him lead.

Get up Rise Up and go do something GREAT with your life!

About the Author:

 Rachel is a certified fitness trainer and nutritionist. She was a nurse for 10 years before obtaining her bachelor’s in business administration in 2005. She has a wealth of knowledge and experience in fitness and nutrition. She runs a personal training studio with her husband Curt. As a wife and Mother of 4 children, Rachel Tucker has figured out how to overcome the obstacles and distractions of trying to work eating and exercise into her busy life. She is a sought-after trainer and has never spent a dime on marketing. Rachel reveals some easy secrets to getting it all done! By first putting YOUR OWN OXYGEN MASK ON, BEFORE ASSISTING OTHERS!

 **Chapter 1: Choosing to put yourself on your “to do” list**

 **Chapter 2: Overcoming obstacles and distractions**

 **Chapter 3: You are what you say that you are!**

 **Chapter 4: You are what you eat-**

Bibliography Acknowledgements:

 I always give all the glory to God, because without him, this would not be possible. I was never a reader, let alone a writer in school, or in college. As I developed a relationship with Christ and with other equally yoked sisters and brothers, I found myself a sponge. I would have 3 or 4 books on deck waiting for me to read. So, for me to be an Author, that is truly something from God! This book is from a seed God placed in my heart, and it grew for a little while before I was ready to move ahead on this project. I have to thank my husband Curt, for always believing in me and supporting me and with helping me in the development of this book. Pastor Michael Slaughter and his beautiful bride Carolyn, whom are mentors of ours, for always being there for us, and never writing us off for any reason. My husband and I are the people we are today because of Michael and Carolyn. My children, I want to thank them for being beautiful, smart and for loving me! Especially my two oldest Mariah and Austin for sacrificing their time to help with their younger brother and sister, Carson and Carli. My mother for never giving up on me and always being there for me. My sisters and brothers for caring for me and loving me. A big thank you to Shelley Henderson for firing me! Thank you for not “clipping my wings” and seeing in me, what I had not yet realized! Chastity Slone for your mentorship, your generosity, your spirit and your friendship. I have to thank our clients for their commitment, their hard work and their trust and belief in us. We love every single one of you and there is nothing you can do about it!

 **Introduction**

 In the time that I have been a coach, trainer or someone’s accountability go-to person, I have come across some amazing women! I have learned something different from each and every one of my clients that I have trained. Being a trainer involves so much more than just working someone out and giving them a nutrition plan to follow. My clients know that when they walk in our doors, that what happens inside those 4 walls, stays inside those 4 walls, meaning they can tell me anything, and I will take it to my grave.

So, with that being said, this calling for me is more mental than anything. I remember the very first Biggest Loser Competition we had, I remember leaving the gym that day so mentally drained but feeling so blessed to have these people in my presence. What I thought this day would be and what it actually was were two very different things. One by one they filed in my little office and each one told their story of how and why they decided to change this part of their lives. I don’t think I have cried so many times in one day.

These people were coming to me to help them change their life, physically, spiritually and mentally. Curt and I are very vocal about our faith, and we witness and pray with our clients, when it is necessary, but we don’t throw the Bible at you when you walk in the door.

Coaching is a large part of our job, just with life in general, or how you can do everything and still have time for yourself, mostly by offering suggestions, or passing on the things that we have learned from some of our mentors: Tony Robbins, Jim Rohn, Michael and Carolyn Slaughter, to name a few.

But to believe in them, until they can believe in themselves. I know I have many days where I just think to myself, “I did not sign up for this!” And What I mean by that is; there are those people who just won’t listen to you. Who have done what they have done for so long, that they will keep doing it. This is by definition, Insanity! But like the old saying goes, “you can lead a horse to the water, but you can’t make them drink” I want so badly for them to drink! If I could do it for them, I would.

We are very successful trainers, as evidenced by our success stories. People who come to us, and follow our program, (that is the key there), “follow our program” get results! Our approach is not like you see on the television show Biggest Loser, but more in a loving way. My motto is you can catch more bees with honey than with vinegar! What I want this book to do, is to help mothers overcome their limiting beliefs, their guilt that they associate with leaving their husband and kids to go and workout and realize that a journey like this, you cannot go it alone! You need support and accountability and you need it from a professional, and more importantly…. Community!

I am a wife, mother of 4 children ages 14, 12, 6 and 5, I run a business, and I try to be the best that I can be with being a wife, mother and trainer. I seek the help of a trainer when I am in a slump, which as I am writing this, I am just coming out of one.

I am not immune to those! But I am smart enough to know that I need a plan, and I need someone holding me accountable, most of all, I AM WORTH IT! I cannot give my all to my family, if I am not giving something back to myself, which is what I call “me” time.

In my late 30’s I started dreaming big about everything! I even made a bucket list, and on that bucket, list was to be a Dallas cowboy cheerleader, another was to compete in a fitness competition, which is very different than your regular figure competitions. In a fitness competition you do have to train 2 times a day, and diet for 15 weeks, and practice posing, but you also have to perform a 2-minute routine involving certain things. The required things for fitness are: one handed pushups, straddle hold on the ground, meaning I am holding myself off the ground in the straddle position; a pike hold, and high kicks, and the splits.

 I was not a gymnast growing up, but as I have learned, if I work hard at something, and I write the goal down and start working on it, God will align my path.

Well, like I said, God always comes through! Only a week, after I set the goal to compete in fitness, and at the Arnold Classic, Crystal Long joined our group training program. Crystal was a gymnast and had been a cheerleading coach for 7 years, so she knew how to put a routine together. I trained with her cheerleaders at their practice twice a week and even was throwing back tucks!

But, after missing a few weeks, the fear of the whole flipping backwards in the air got to me! So, I decided that I was going to wear a Dallas cowboy cheerleader outfit and be the best dang Dallas Cheerleader I could! About 3 weeks out, I got an injury from sitting in the splits too long, I was healed but it was another thing that happened that was trying to stop me from competing, so I pressed on anyways.

I went in to the preliminaries just glad to be there! I had checked the roster the day before and saw that there were 8 girls in my class, and I had a feeling of doom, I had no chance of placing top 5 and posing at the finals at the Arnold Expo on Saturday. Well when I signed in, I looked at the roster and saw only 5 names!! One of the competitors found out she was pregnant, and the others just didn’t show up! Isn’t God good?

 I remember nights during my training that I would wake up sweating and think “what in the world do you think you are doing,” you can’t do this!” Then I realized that was the enemy! Who only comes to kill, steal and destroy. I am so glad that I continued on and finished! I lived off the adrenalin rush for 3 weeks! I hope that I can touch a few people with my stories of how I have overcome some obstacles and distractions so that I can be that person that God made me to be and who my family believes me to be.

 Chapter one:

 **Choosing to Put You First! “Please pull on tubing to allow for the flow of oxygen”**

“I just don’t have the time to exercise”, “my kids take up all my time!”, “I just don’t have the time to eat right”; “I just don’t want to cook 3 meals at dinner!” “It’s so much easier to run through the drive-thru and eat!” “I’m always running my kids somewhere, how could I possibly follow a nutrition plan with my lifestyle?”

Do you see the common denominator here? These excuses are actually; (now this is going to cut deep, but you need to hear it!) you are blaming your children for why you don’t respect yourself enough to take care of the wonderful, beautiful temple God has given you. I have studied humans for some time now, why they think the way they do, why they do or don’t do the things they do, and I am truly shocked with all the new excuses some people can come up with in order to escape getting healthy. Tony Robbins talks about how people do things for two reasons: Pain or pleasure. He talks about neuro-associations, meaning we associate things with pain or pleasure. He tells a story of when he was a kid, and he told his mom that he wanted to drink a beer. She said yes, but with the stipulation that he had to drink a 6 pack, no less. Well, after the first 3 beers, he became ill, and vomited all over the table and the other remaining beers. From that time on, he associated drinking beer with pain. We have to find a way to make this fitness journey pleasurable!

The best exercise to do, is the one that you will actually do! But what I have found is doing something with others is not only fun, but it provides accountability. Someone, or others there that are holding you accountable and will kick your butt if you try to quit.

Curt and I have developed a culture in our group training program. These women love this group! They are getting fit and having fun! you develop friendships, there is friendly competition, and lots of accountability. You can’t take yourself past where you currently are, this is why it is so important to go find someone who is where you want to be!

For instance, a potential client comes in my studio to consult for personal training. We are about 15 minutes into the consultation, and she says, “I just can’t afford it”, with the keen sense of smell that I am blessed with, I knew that this person was a smoker! So, being the accountability person, I am, I ask her, “So, do you smoke?” She thought for a minute, and then said, “Yes”. My next question was: “So how many packs a day do you smoke?” She responds, “One and a half packs!” Then I ask, “So how much is a pack of cigarettes nowadays? She says, “About 5.00 a pack” ok, so the mathematician I am, I calculated just how much money she spends on cigarettes a month. I pointed out that she spends a nice car payment a month, to slowly kill herself. Her response, “well, I never thought about it that way.”

When she thought about giving up her smoking habit, she immediately associated that with pain. Needless to say, I never saw this person again, and she may even have called me the “B” word when she walked out, and I don’t mean BOLD.

A good coach/trainer is brutally honest and says the things that most people are afraid to say, because most people don’t like confrontation. So, let’s get back to where I am going with all this banter! The title of this book best describes my approach when trying to sell someone, why they need a coach. Yes, some people need convinced that they are worth the investment of a trainer. I think this really makes sense to mothers when I put it to them like this, “Do you know when you are on a plane, and the flight attendant is giving instructions in case of emergency, and she says, “Please put the oxygen mask on yourself before trying to assist others?” Do you know why they do this?” and of course they always have the correct answer! After I have them answer that question, my next question is this, “So why do you feel this does not pertain to you and your family?” Women think that they are doing the right thing by putting themselves last on the list, and let’s be honest; they never get to that part of the list.

I am a very spiritual being, and not afraid to talk about it and point out things in our instruction manual, that may have been overlooked! For instance, Romans 12:1 states “Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices.” And that means YOU too! I have to point out that they are NOT the exception. As I stated earlier, I truly believe that most people just need these things brought to their attention. I cannot assume that they know these things, and then assume that they are just “lazy” individuals, or professional excuse makers.

It is my job as a trainer/coach to dig deep down and find out why woman find it so painful to put themselves first on their list. I posed a question on Facebook one day to see what kind of response I would get, and this is what I learned. I asked the Mothers on Facebook, what stops them or what distractions stop them from putting themselves first on their OWN “to do” list and here are a few of the responses:

 “lack of sleep, cooking, grocery shopping, kids, housework, business, work, (did I mention lack of sleep?), “guilt”,

1. Hubby says; “how about you stay home instead of working out"

2. Hubby" are you going to leave me?

3.You’re always working out “. Mommy don’t go to ZUMBA"

4. I should be cleaning or doing laundry instead of going to yoga or working out.

5. “Kids and work”,

6.“Would you like for me to list the things that don’t stop me from putting myself #1 it a shorter list.”

7. “I have to say everyday life, kids, work, and sports”.

Every single response, while noble excuses, all pretty much blamed their children as to why they couldn’t get any “me” time. As Pastor Michael Slaughter states in his book Momentum for Life, we have to make our life an honorable, excellent offering, this means in every area, including our health! The obesity rate in America as of 2007 indicates 74.1% of Americans were obese. The direct medical cost of obesity and indirect economic loss to obesity has been estimated to be as high as $51.64 billion and $99.2 billion in 1995. Respectively, this rose to $61 billion and $117 billion in 2000.

Researchers for the Centers for Disease Control and Prevention estimate that in 2003, obesity attributable medical expenditures reached $75 billion. This is the reality, and I am choosing to be part of the solution and not part of the problem.

My rates are minimal compared to the cost prescriptions medicines for high blood pressure, high cholesterol, diabetes and many “band aid” medicines cost. It amazes me how people can spend $500-$600 dollars a month on a car payment, but when it comes to self-care costs, they just can’t afford it.

Guess what America? You are going to have no choice here soon! Get it together and start taking care of your temple!

 I can sympathize with most mothers in the daily challenges of being a mom. I have 4 children of my own. Well 5, counting my husband Curt, (I’m just saying). But I have just figured out that if I am not my best, then I can’t be my best. In order to be my best, I have to put myself first on my list. If that means I have to get up a little earlier to do that, then so be it that is what has to happen. My goal is Proverbs 31 woman. I used to think that it was unattainable, but that was my own excuses. I want to be excellent, for Jesus, for my husband, my kids, my friends and the world. And the Proverbs 31 woman, “rose while it was still dark” , which is why she was so productive.

What I have also learned is, the best way to reach a goal, well, is to set one.

The acronym for goals is:

Godly

Objectives

Assure

Lasting

Success.

This is why I compete in fitness competitions. It keeps me in shape. It gives me something to look forward to, and it keeps life exciting for me. This is key, I think, we get so lost in our roles as wives, moms, bosses, employees, and coaches, that we put our dreams and ambitions on the back burner!

NO! that is not the “right” thing to do. That makes you a martyr. I know that is harsh, but it is true. You were blessed with a LIFE, now go live it!

God never said, in order to be a mom, you have to give up all your dreams, oh, and by the way, you will have no time for yourselves! No, we serve an awesome God! A God of love and mercy! He wants us to go out there and be our best! It is time to break free ladies. It is time to set some personal goals for yourself and start setting some good examples and life practices for your children.

It all starts with YOU. Our instruction manual states “Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it. And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown. Therefore, I run this: not with uncertainty. Thus, I fight, not as one who beats the air. But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.” “1 Corinthians 9:24

So, you see, there is no need, or room, for guilt when it comes to putting yourself first on your list, Gods word pretty much tells you to do just that. The long-term goal here is to be around to see our children’s children, and possibly even their children. Psalms 128:5-6, “May the Lord bless you from Zion; may you see the prosperity of Jerusalem all the days of your life. May you see your children’s children?”

That scripture places value on longevity, and its importance. Each of us has a job, a mission that we are responsible for on this earth. If our bodies give out, because we disrespected them, then we are going to have some explaining to do to the big Guy, you know what I’m saying? This is going to take some discipline and work. If it was easy, everyone would be in shape.

Pastor Michael Slaughter states that “Discipline is doing something that doesn’t come easy or natural”. So many things happen in this process of being disciplined. It pours over to other areas of your life, it changes who you are, and it changed me for sure. I am a completely new creation from what I was when I started this fitness journey. I found the most precious relationship I have ever had in my life. I found Jesus!

So, I am going to be real here. Shocker, I know, but here is one of my frustrations in the Christian walk. There are many people who claim to love Jesus, and have the bumper stickers and the t-shirts, but yet, they are overweight. Do they realize it hurts Him to see us disrespecting our bodies that He blessed us with, and it hurts Him when we don’t put Him first? And it is a horrible witness….kind of like being broke and not being able to pay your bills, but that is for another time, another book.

Taking care of you first, in essence, is putting Him first and giving Him the glory. “When you look good you feel good, when you feel good, you perform good, when you perform good you get paid good!” Dion Sanders.

 Chapter 2

**Overcoming Obstacles and Distractions –**

**“Slip the elastic strap over your head!”**

“I was planning on working out, but I had to get to work early, then my kids had sports events after work, then I had to cook dinner”. “I just didn’t have time to eat clean today!” “You just don’t understand; my schedule is crazy!!

 These are some of the excuses I hear when I am consulting with a new client or counseling an existing client. Everyone has the same 24 hours in a day. Let’s break it down for a minute: 6-8 hours to sleep, 8-12 hours to work. Now most people who do the 12-hour shift, only do that 3-4 days a week. I know this, because I was a nurse for 10 years and did the 12-hour shift thing. So, we will say that in these two things, you take up 18 hours of your day, giving a few extra hours to cook dinner, take kids to sports, etc. So, do you see that there is at least 30 minutes to an hour in there to work out? I do!

A huge misconception is that we need 1 hour or more of exercise to get results, WRONG! 15-20 minutes will do the job.

 In life, there are many challenges. Truth of it though, is most of the challenges, we create ourselves. Our thinking is small and limited, and we restrict our choices with assumptions about what we can and can’t do. Most of all, the biggest factor in actually achieving our dreams, or not achieving our dreams is our fears. Fear is not real! And fear is not from God! Fear is the enemy’s way of distracting you from reaching your goals.

We are our own worst enemy most of the time. We are always in our own way. We have to break the cycle of insanity, (doing the same thing over and over and expecting a different result) and get out of our comfort zone and take some risks.

Here are some ways you can get off of the fence. Being on the fence is not a good place to be!

1. I will allow you to let your negativity take over, but only for 5 minutes! Imagine the worst possible scenario when you are afraid about changing your “comfortable” lifestyle. When you bring it into the light, it doesn’t look as scary.

2. Make a commitment to yourself: Faith without works is dead, or thoughts without actions remain just that, thoughts. It’s all about momentum. Make the commitment to one or two actions and do them right away. An object in motion tends to stay in motion. It doesn’t require complete faith at this point, all this requires is a commitment. We also have the bad habit of not seeing things or resources that are right in front of us. Earl Nightingale has a story called the acre of diamonds. Basically, in a nut shell, there was a man, who lived on a farm, but he would travel the earth looking for diamonds. He finally ended up selling his house and moving away. Someone moved in and happened to be walking down the bank of the river on the land that they owned and noticed something shiny in the water.

Guess what? It was a diamond. Well, there were many diamonds. So, the moral of the story is: sometimes what we are needing or looking for is right under our nose. When it comes to seeking advice, we fail to notice the resources we already have. So, if you are dealing with a fear that is paralyzing you, and you aren’t able to overcome it, look to the people around you. Ask them what they would do.

 Listen carefully to insights and perspective you may have missed, then press on toward the goal. Our lives are built by our days, so we should live them one day at a time.

Just because you can’t see the landing at the top of the stairs when you take your first step, doesn’t mean it’s not there. But you have to take a risk, and take that first step, then another step, one foot in front of the other if you want to see results.

Confucius say: “A journey of a thousand miles starts with a single step” One of the main reasons people fail, is they don’t have a plan, no map, no direction on where they are going. One of the first things I give my clients, when they start training, is a nutrition plan that is spelled out so simply, that the only way they could fail, is if they didn’t do it or if they quit.

Think about it this way, you are getting ready to take a family trip to Florida, and you are driving, do you just get in the car and guess on how to get there? No, you either have a MapQuest print out, or you have a GPS which tells you step by step how to get there. Why would you embark on this fitness mission without a map?

So, let’s break down the acronym map M= massive A= Action P= Plan.

 The way I learned to map is through a technique called RPM. You start with your “why” or the Result that you are wanting, it has to be specific. Nothing becomes dynamic until it becomes specific.

Next is your Purpose, what is it that moves you to action? And finally, your Map, or your massive action plan. You need to have complete clarity on what it is you want, and on your purpose! Purpose=Power!

This next part is going to take some participation. Grab a pen and let’s get to design your MAP! First, you are going to write down anything you could do to achieve this goal. Just let your pen flow and see what you come up with. Trust me and DO IT! DO IT!

Your next step will be putting a check mark next to your “musts” and the things you can do immediately! Immediately is the key here. You need to do something IMEDIATELY to go towards the goal! Make it something that really commits you, for instance, go hire a personal trainer and pay for your package in full, up front! I have many people who do this, let me re-phrase, I have many “committed” people who do this. They see me as an investment, and they are correct!

Make sure someone else knows your plan; a trainer will take care of the accountability part also, because you will be getting your plan from that trainer.

Get a journal and start to journal about your journey that you are on. How you are feeling, how your clothes are fitting, how much energy you have, why you didn’t do this years ago?

So, here is the reality of it all. Opponents will come when you make a plan. These are the obstacles that I am speaking of, and these obstacles normally come in the form of a child or a spouse. I’m not saying they are intentionally doing this, but it’s called habit. You are always there for whatever they need. But there won’t be enough of you to give to your family, if you don’t get your “me” time.

This is why a MAP is so important to have, because it is measurable. It keeps you on track. Put your opponents at bay! A good way to avoid these obstacles, or distractions, is to have a family meeting at the beginning of your journey! Let them know what you are doing, and why you are doing it. That in the end, this is going to make Mommy very happy, and Mommy will have more energy to do things with them. Mommy will be in a better mood and when Mommy is happy everybody is happy, correct?

Communication is the key! Another good reason why hiring a trainer is a good investment and a good idea, is you have appointments set. You have to show up, especially since you already paid! All you have to do is show up, now that is just smart! And I would also say that is MASSIVE ACTION! Whenever setting goals, you have to do something right away in the direction of its attainment. It starts the momentum and you are more likely to succeed. But the only way you can fail at anything, is if you quit.

If you decide that you just can’t afford a trainer, then find a workout that only takes 20-30 minutes a day. There are many ways to get in awesome workouts in that period of time.) YouTube is an amazing thing! I am positive you can find many 20-minute workouts there. You are worth it. You deserve it! Your family deserves to have you BE more and DO more!

Set an example. Be inspiring, set the goal, and don’t worry about all the steps it takes to get you there. The purpose of a goal is who you become in pursuit of it! It’s not so much about the destination, but more about the journey.

 Chapter 3

 **Tighten by Pulling on the End**

You are what you say you are! “For as he thinks within himself, so he is” Proverbs 23 “You become what you think about” Earl Nightingale. Basically what these quotes are saying is, where the mind goes, the man follows! I remember growing up, I lacked vision and ambition. I grew up in a broken home where my Mother worked 3 jobs to support 5 kids, receiving no child support.

Being the youngest of 5 children; I was raised by my older siblings. By no means am I taking away from what an awesome Mother I have. My mother is the hardest working woman I have ever met. I remember our Christmas’s were always awesome! I think my Mom shopped all year round so that we didn’t lack. Actually, I don’t know how she did it, but she did! She was very resourceful. She would sew up new clothes for our Barbie’s. I think I still have a wedding dress she sewed for one of my dolls. I am pretty sure I get my work ethic from my mother, and my brains! She did what she had to do to survive and that meant she had to sacrifice time with her children.

In retrospect, I had no vision. I was never a girl who dreamed of what her wedding would be like, or what kind of job I would have. Actually, I wanted out of school so bad, so that I could go get a job. I graduated high school in January of my senior year and went to work. I didn’t want to be anything more than an employee, only because I didn’t know any better. God had me on many journeys in my life. Well, let me re-phrase that, up until 6 years ago, I was on my “own” journey, running my “own” plan, which almost led me to prison.

 It amazes me how much God loves me, and how he operates, and how when you just give him the wheel and let him be the light, how it all changes!

Ok, so let me take you back 5 years ago, just so you can see just how amazing God is, and how he changed our lives for the better! About this time 5 years ago, I was about to have my 4th child Carli Ann, I am pretty sure we were broke, on welfare and food stamps and miserable in our marriage and in life in general. Curt was working on the road selling cars and was out of town often, and I was at home with 4 children trying to fend off the people who were coming to either turn off our water or our electric or take our vehicles.

I finally got a job in 2007 marketing for an assisted living company. In the beginning it was going great! I made great money, benefits, but it ended up like it always ended up when I went to work for someone else. I got fired. I don’t even remember why I got fired, but bright side is I was able to get unemployment, and I was on that for a while. One day my husband Curt said something to me that would just change my life. He said he wished that I would have goals that I would want to be more and do more. At first, I was hurt that he didn’t love me for who I was or for staying home taking care of the kids, which I was horrible at doing. Being a mother, is something that I have to be very intentional about doing. I am not one of those “candy land” moms who sit on the floor and play with their kids or have scrap books of all their pictures. It’s just not me. I am focused on raising future adult’s, but as far as the foo foo stuff…I got nothing.

At this point, I thought that is what I was supposed to be doing. Well once again, I was wrong, because this is what I wanted to do, not what God wanted me to do. So, one of my friends gave me a DVD called, “The Secret”. This movie was about the Law of attraction. There is this Law that I had not ever heard about! I’m 35, why have I not heard of this LAW!! This movie was what started things into motion for me. I started that day writing down my goals!

In the beginning, I wasn’t quite sure how I should be doing it, but eventually I did learn that you are to write them as if they have already occurred, or in the present tense. At this point in my life, I had a lot of time on my hands, with 2 toddlers at home, I needed to get out of the house and have some “me” time. So, I went to the YMCA every day and Carson and Carli would go in the daycare for 2 hours while I worked out.

I was getting a little passionate about this working out thing, I wanted to achieve a certain physique, and that was a GOAL!! But with our lifestyle, 4 kids and oh yeah being broke, it just seemed very far off for me. I remember seeing Chastity Slone one day in church. Of course, I did not know who she was, but I remember saying to my husband, look at the lady over there! I want to look like that, and my husband was like, oh yeah, that is Chastity Slone, she is an IFBB figure professional. I had no idea what he was talking about; I just knew I wanted to look like her!

Fast forward to March 2007, Curt and I were at the Arnold Classic festival in Columbus, Ohio and I meet Melissa Johnson. I recognized her from the show Wife Swap. After talking with her, she encouraged me to do a figure competition. She worked full time as a nurse and had children. If she could do it, so could I. I went home and wrote down in my goal book on March 6, 2007, “I am competing in my first figure competition on October 6, 2007”

This brings me to a point. You don’t have to know the “how” at this point, only the “why”. I had NO idea how this was going to be possible, we were broke, and I had no idea how to weight train to build like I needed to build. I continued to write it down daily. I also made my first vision board. On this board I found a picture of a girl whose physique I wanted, and I slapped my face on her face! This board was on my bedroom wall, so I would see it every day when I woke up, and every night when I fell asleep. Fast forward to April 2007, my husband was at a health fair for his job, and guess who is in the booth right next door to him? Chastity Slone and Her husband Jason with her Fitness Layne personal training business.

We were at dinner with them a week later, and she offered to train me for free, and I was on stage at my first figure competition on Oct 6, 2007 and I placed 3rd in my height class and 4th in my masters’ class. Isn’t God good?

So, while I was training with her, I remember thinking, “wow”, how awesome would it be to own my own personal training studio? Get paid for doing something you love to do and serving the Lord at the same time. I went home and wrote down that goal, and 3 years later, I own my personal training studio, Faith Driven Fitness Personal Training, LLC.

Curt and I give God all the glory for this. It was Him who aligned my path; it was Him who brought Chas in my life. God wants you to have goals, to set goals, but the catch is, you have to go to work!

You have to always keep a vision for your future in order to move forward in life, and a vision board is the best way for you to do that. You have to have complete clarity on what it is you want. “When you commit yourself, when you clearly and powerfully focus on a specific goal, then “providence moves too” -William Murray. Vision boards work by using the “Law of Attraction” that I talked about earlier. You believe in the Law of Gravity correct? If you jump off a building, gravity kicks in and you will fall. Vision boards work because they apply this fundamental law of Nature. AND it says in Habakkuk 2:2, “Write down the revelation and make it plain on tablets so that a herald may run with it”. That is basically a vision board. You are going to bring some people with you, and they need to be able to read it on the run!

John Assaraf wrote a book called “The Vision Board Book” this book describes step by step how to create a vision board using these basic ingredients:

1. Goals and dreams

2. Intention

3. Visualization

4. Beliefs

5. Affirmations

6. Meditation

7. Positive Action

8. Gratitude.

God implanted in us this thing called Infinite Intelligence. This is basically the ability to vision something and make it become reality, or in other words, our subconscious. To understand Infinite Intelligence, it is best to define the two terms separately. “Infinite is defined as limitless, boundless, or endless. Intelligence is defined as the information gained or mental acuteness. Combined, it is information gained from a boundless or limitless source.

The only source of this infinite knowledge is from a source you may not know or even understand beyond the bounds of real life. Do you ever wonder where the wild and crazy thoughts come from in your mind? Or where all of the hunches come from? They come from infinite energy. As the human mind and body are energy, think of infinite thought as the ability to transfer energy from one mind to another. “Ok, so here is the cool thing about this Law of Attraction. When you set the vision and the goal, you will begin to take action in the direction of that vision. The really, really cool thing about this law is, the universe sets into motion with this goal. Putting people in place, like for me, it was Chastity. But, a very important part of achieving your goals process is YOU. You have to work toward the goal. I just didn’t write down my goal, I took action; I began to research the training, the nutrition, and visualizing myself on stage. Let’s not forget the actual time I was putting in at the gym. What this visioning and goal setting also does, is it gives you a purpose.

As a wife, mother, sister, friend, etc., we get stuck in the day to day, get up, get kids ready, feed them, go to work, come home, feed them, be a taxi, homework, baths, then bed, then you get up and do it all over again. What did you gain from all this? I imagine a stress headache, because you have no “out”. You have no vision for the things that you want to accomplish.

The book “Think and Grow Rich” by Napoleon Hill has a self-confidence formula which when used daily, can help you attain any goal you wish to obtain. I will share the first part of it with you.

First: “I know that I have the ability to achieve the object of my definite purpose in life; therefore, I demand of myself persistent, continuous action toward its attainment, and I here and now promise to render such action.” This book is one of the original books on the subject of this law, and this is one I highly recommend to anyone who wants to be more and do more. Nowhere does it say when you get married and have kids, that your dreams are just that, dreams. That you just have to put them on the back burner, and maybe get to them someday.

For me, I would rather regret things I did, then things I didn’t do. Because, if you fail, at least you got an education. This is going to be a hard concept for many of you mothers, I realize, because of your beliefs. You believe that “you are not smart enough” or “good things never happen to me”, this becomes such a habit, that we don’t realize what we are doing. We are throwing that negative energy out there, and that is exactly what comes back. Have you ever been on top of hill or a mountain, and you yell something; then you hear the echo? Does the echo say something different? No, it throws back exactly what you said that is how it works, so we have to stop throwing out the negative words or thoughts. This is where the affirmations come into play! Instead of saying, “I will never get that job” say “I am a smart, savvy business woman” or “I am a brilliant entrepreneur”. Trust me, I grew up hearing, “You better marry a rich man, because otherwise you are going to be poor!” It was put in my head that I was not smart, that “I should’ve been blonde” whatever that means, because I know many smart, successful blondes”. Ali Brown being one of them, who was just recently on “Secret Millionaire”.

Anyway, my point is, we have to re-program our minds. This will take practice, just like with anything else. So, try this, write down your limiting beliefs, and then re-write in a positive way. 2 Corinthians 10:5 says that we should “Take every thought captive and submit it to Christ.” We have about 70,000 thought a day and most of the time they are the same thoughts. We start our day in the past. We wake up and immediately look at our phones or social media. STOP IT. You are setting your day up to fail. IF you do the simple things that I do and are now sharing with you. You won’t even recognize your life. And if you want your mind to be the master and live in abundant health, meditation should be a staple in your day. I do it before I brush my teeth! It’s that important.

So, anyways… You will say these affirmations out loud every day. I say mine when I’m looking in the mirror, this works well! We have the power within us to be whatever we want, do whatever we want, make as much money as we want, and it is endless. Don’t listen to the critics, especially if the ones being critical aren’t where you want to be in the future. There are many things that will deter us, and we have to figure out a way to avoid these things. For me, I don’t watch the news or read the newspaper, because every time I do, it makes me sad or mad! I don’t even know what the price of gas is, or how much milk cost, because, I have to buy it regardless, so why dwell over something I have absolutely no control over?

 I have a million-dollar bill on my vision board, because my goal is to be on “The Secret Millionaire”

Money is a tool; money is a gift from God, to be used to help His kingdom, take care of the widows and the orphans and the extreme poor. (By the way, there ARE NO extreme poor in America. Only lazy poor), and when we are good stewards with our gifts, God rewards us with more.

Whenever someone tells me of their financial struggles, my answer is always, you have to find a good, Bible based church and start tithing! I get some crazy looks, but it is the absolute truth! This comes straight from our instruction manual, Malachi 3:10 “bring the whole tithe into the storehouse, (storehouse is where you get spiritual fed) that there may be food in my house. Test me in this” says the Almighty, “and see if I will not throw open the floodgates of heaven and pour out so much blessing that you will not have enough room for it.” I AM A BELIEVER! 3 years ago, I remember calling my client Patty and cancel, because they were towing away our last car! That next weekend, we started tithing, and we have never turned back. I stand here 3 years later, owning my own business, starting another one, almost debt free, and getting ready to buy another home.

So, whatever your goals, whatever your aspirations, go out and get after them!

 Chapter 4-

 **“If you are seated next to a small child, or someone needing assistance, secure your own mask first, and then assist the child**”

“It’s is just too expensive to eat healthy!” “I don’t have time to cook all that food!” “It is just easier to go through a fast food drive-thru to eat, at least I’m eating!”

If I had a nickel for every time, I heard these excuses, I would be a millionaire, well a gagillionaire really!

I am in the business of studying people, finding out how they tick, why they do the things they do, and then bring things to their attention that they might have overlooked, these are called blind spots, and we all have them. This is why coaches and accountability people are crucial, because they can see what we cannot see.

The average American spends 8-12 dollars a day, just walking out the door, $6.50 on food, usually fast food! $1.00 water, $1.00 soda, but this is the bare minimum, $12-15 dollars would be more realistic in these times. Now let’s look at some of the other things people spend their money on, cigarettes, snuff, trashy energy drinks, latte from Starbucks, and most people don’t even blink an eye and think about the money when spending it on these things, but when it comes to their health, “it’s just too expensive”

You can drink a good nutritious meal replacement shake for $2.20, that is 220 calories, 24 gm of protein, 20 Gms of carbs, a complete meal, and you can’t even get a Happy Meal for that price. I strongly recommend these meal replacements to most of my “busy” clients, because they are easy, and they fill in the gaps.

Now let’s talk about how we can have more energy by eating the right kinds of food. There are so many energy rich foods, foods that our body is going to actually use! Do you notice that when you eat a Big Mac Extra Value Meal, that you are not hungry again for at least 4 hours? Why? Because there is no energy in that food, your body automatically stores it.

Foods have megahertz values, kind of like a computer does. The more megahertz, the more power, and the better it runs. Cucumbers for instance, are very high in megahertz. Their value is around 75 MHz our brains require this many megahertz to function at top speed. So, if you eat a Big Mac, which has 5 megahertz, you just wasted 500 calories on 5 megahertz, was it worth it?

Most of the time no, most of the time you feel like crap, or feel like taking a nap. Our bodies get loaded up with toxins on a daily basis, by the foods we eat, stress, our environment, etc. Toxins cause our body to be in an acidic ph. balance. When our bodies our acidic, they will hold onto our fat as a defense mechanism, to protect our vital organs. The goal is to keep our body in an alkaline ph., around 7.26.

You can buy ph. strips at a drug store to test what your ph. balance. Here is an easy way to achieve this balance and have an abundance of energy. You start out your day, drinking a tall glass of water with lemon juice. This juice works like a brillo pad and loosens up the plaque from the walls of your intestines and moves it through your system. Everyone needs a good cleanse every now and then. Now you need to start eating energy rich foods! There are live foods and dead foods; live foods are your fruits and vegetables, not packed or processed, and your dead foods are everything else. It takes no energy to digest live foods; it actually adds energy to your day. The live foods have plenty of enzymes to digest themselves, but if you combine them with dead foods, it will help to digest the dead foods. But you have to make it easy for your body to digest.

So, a rule of thumb is a protein with every meal. This can be a dead food, chicken, turkey, lean meat, because you need the protein to build muscle, but you need to balance it with a fruit or vegetable to help with digestion. Now let’s talk about supplementation. Unfortunately, we cannot get all the micronutrients or macronutrients we need from food anymore. That is why I insist on supplements for that reason, and also because they are an easy way to get good nutrition in our body. Micro nutrients are your vitamins, minerals, and supply our body with the substances needed for a healthy metabolism, but they don’t burn fat or create energy. Macronutrients are your proteins, carbohydrates, fats, and we use these to command the body to burn fat!

How easy is it, and convenient and quick to drink a meal? It is one of those no-brainer things! These are part of my program for that reason! Foods are like drugs. They create a chemical reaction in our body. Some foods force your body to store fat, like high sugar foods, so fat cells are not permeable. While other foods force body to burn fat, this would be the lean proteins that I was talking about.

Intermittent fasting is what I teach my clients. Mostly for the healing effects, but most overweight people have food bondage. Whether you are weighing your turkey or shoving 12 donuts down your throat, you got some issues with food. Intermittent fasting has so many benefits, but the major one is how it breaks that bondage. You are not thinking about when your next meal is and it’s a myth that you must eat directly after a workout. There is no science to back that up. When you intermittent fast, your body produces more of the human growth hormone and your gains will be more than ever before. You can google the other benefits on your own.

But, when you do eat here is a rule of thumb, get a vegetable that covers the colors of the rainbow. Yellow pepper, red pepper, green pepper, or broccoli, or spinach, strawberries, blueberries, raspberries, asparagus, red cabbage. Chop them all up, put them all in different containers or zip locks and then they are ready for you, prep is done!

This is why it is so important to take that time on Sunday, to get prepped for the week! If you fail to plan, you plan to fail! As far as complex carbohydrates go, use some form with your first few meals of the day, then avoid them the rest of the day. If you are dealing with food issues, like food addiction, then you need to start intermittent fasting. You need to be in control, and not the other way around. You can google it, and choose 16/8, lean gains method. And I would even do a 24 hour fast (dinner to dinner) once or twice a week. One, this is really healthy for you and creates autophagy, and 2. No way you will over eat. One last thing I want to touch on is how important oxygen and breathing is to our body. In order for our body to turn excess body fat into energy, it needs oxygen. This will require focus on our part, doing some breathing exercises a couple times a day, preferably in the a.m., then halfway through the day, then maybe on the car ride home from work. Developing a yoga practice will change your life. It’s not about flexibility. It’s about a mind/body connection and your breath is the bridge. You will notice a difference right away, with this little, tiny change. Lastly, stop the self-sabotaging thoughts! Your thoughts control your emotions, your emotions control your actions, and this triggers a chemical reaction! Acid is released in your body! You have to have balance in your life, which is what this book is all about!

Find a system that works for you and DO IT!

 Conclusion My hope for this book for those who are reading this is that you learn something new! That I was able to give you a new perspective. My passion in life is to help mothers break free of the mundane day to day! That they stop wishing the day away and have a bright new outlook on life!

My personal goal as a woman is to closely resemble the woman in Proverbs 31. This lady had it together! I want this book to be a road map for success on your new journey as a healthy, fit Mother! A Mother who has her priorities in check. In order to gain life, you have

to lose it!

We are not our own. We have been entrusted with a marvelous gift!

Your body is not your own, is belongs to God.

How are you treating your gift from God?

 Blessings and Love,

Rachel

Follow us at: <https://www.facebook.com/womenatthewellacademy/>

My new mission is to help women discover their power! I am seeing oppression everywhere! Mostly in the church. Women not using their gifts. Not taking care of themselves and their whole family suffers. Your life matters friends!!

I am not smart enough to be doing what I am doing. I have never been smart enough, I just learned how to harness Holy Spirit power.

You have a special purpose on this earth. Being a wife and Mom is NOT your purpose friend, those are just roles.

If you give me a commitment to follow a program, I promise you, you won’t even recognize yourself in a year!

GUARANTEED!

[www.racheltucker.com](http://www.racheltucker.org)

You my friend have had the power all along!