

Fitness Guide

**LIFE DOESN'T SLOW DOWN AFTER 40
AND
NEITHER SHOULD YOU!!!**

*A PRACTICAL AND SOULFUL GUIDE FOR STARTING FRESH
WHEN YOU FEEL STUCK, LOST, OR LOW ON ENERGY.*

2025



@IULIAKOPLIK



5 STEPS to Get Back on Track

Step 1: Let Your Vision Lead You

Reconnect with the reason you're here. Your goal is not just a task — it's your soul's direction. Align your actions to it

Step 2: You Are More Than Your Body

Nourish your body, but remember — you are spirit, consciousness, presence. Care for the vessel, but awaken the driver within.

Step 3: Your Environment Shapes Your Energy

People, places, and spaces influence your mindset. Uplift your surroundings to uplift yourself.

Step 4: Challenges Are Invitations, Not Roadblocks

Every obstacle is a disguised opportunity. Growth doesn't block your path — it is the path.

Step 5: Thoughts Create Tomorrow

What you think, you become. Your thoughts plant seeds — choose them wisely.

Step 1: Let Your Vision Lead You

Stop:

- ✗ Watching TV, consuming bad news, or disaster-driven entertainment.
- ✗ Comparing your life path to others'.
- ✗ Waiting for motivation to magically appear.
- ✗ Saying “I don’t know what I want” or “I’m too old for this.”
- ✗ Filling your time just to feel busy or productive.

Start:

- ✓ Write your vision and goals in present tense — like it’s already real.
- ✓ Take one small action per day toward your dream.
- ✓ Speak your vision out loud to someone you trust.
- ✓ Ask daily: “Does this move align with my vision?”
- ✓ Visualize your dream life while lying in bed before you fall asleep.



Step 2: You Are More Than Your Body

Stop:

- ✗ Ignoring appearance, wearing untidy, sloppy clothes.
- ✗ Ignoring your body's needs for rest, movement, or nutrition.
- ✗ Believing that the same action should bring a different result.
- ✗ Suppressing emotions or avoiding internal reflection.
- ✗ Confusing healthy eating with modern trends.

Start:

- ✓ Move your body with love – walk, stretch, or dance daily.
- ✓ Dress neatly and in a way that pleases your own eye.
- ✓ Look around, notice the beauty of flowers, trees, blue skies, or animals.
- ✓ Help your body relax with music, water, massage, nature, silence, or art.
- ✓ Choose your emotions to experience more joy, peace, and lightness.



Step 3: Your Environment Shapes Your Energy

Stop:

- ✗ Spending time with negative, energy-draining people.
- ✗ Letting clutter pile up in your home, car, or workspace.
- ✗ Keeping things that carry bad memories or no purpose.
- ✗ Using your phone or TV as background noise all day.
- ✗ Working or resting in uninspiring spaces.

Start:

- ✓ Clean and organize one area of your home each week.
- ✓ Create a dedicated space for focus or relaxation.
- ✓ Spend time with people who uplift, and challenge you to grow.
- ✓ Add life into your space: plants, candles, soft light, or nature images.
- ✓ Surround yourself with colors, smells, and music that inspire peace and clarity.



Step 4: Challenges Are Invitations, Not Roadblocks

Stop:

- ✗ Complaining about problems without seeking solutions.
- ✗ Giving up as soon as things get uncomfortable or slow.
- ✗ Blaming others or circumstances for your stuckness.
- ✗ Believing mistakes mean failure or unworthiness.
- ✗ Trying to control everything instead of learning from what happens.

Start:

- ✓ Ask: “What is this challenge here to teach me?”
- ✓ Break big problems into smaller, doable actions.
- ✓ Celebrate effort and progress, not just perfect results.
- ✓ Keep a journal to track lessons learned through difficult moments.
- ✓ Practice resilience — pause, breathe, and choose a calm response.



@IULIAKOPLIK

Step 5: Thoughts Create Tomorrow

Stop:

- ✗ Repeating “I can’t,” “It’s too late,” or “I’m not good enough.”
- ✗ Dwelling on the past or obsessing over what went wrong.
- ✗ Letting your mind spiral into worst-case scenarios.
- ✗ Consuming content that feeds fear, doubt, or comparison.
- ✗ Inner dialogue taking control over you.

Start:

- ✓ Speak kindly to yourself — like you would to someone you love.
- ✓ Begin each day with a positive, intentional thought.
- ✓ Remember that the power you are looking for is inside, not outside.
- ✓ Say “thank you” to yourself every time you succeed.
- ✓ Visualize the future you want.



You don't have to figure it out alone.

Let's get you back on track, one step at a time.

Clear guidance, real support — real results.

Balance your lifestyle becomes easy and achievable.

You can find more information at <https://taplink.cc/koplikiulia>

INSTAGRAM DM: IULIAKOPLIK



What to Expect for Each Step

1



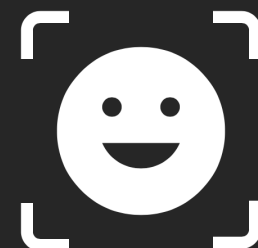
Go to <https://chatgpt.com> and insert copied prompt for the first step and start answering questions. Continue dialog in the same chat for all steps one at a time.

2



Use this space to express yourself freely and truthfully. There are no right or wrong answers.

3



GPT will guide through five questions to uncover the hidden stories, patterns, and beliefs that shape your experience.

4



You will Identify your negative/positive patterns, get daily affirmations and concrete action steps and motivational message to support your growth



What to Expect

1

Go to <https://chatgpt.com>
Insert copied prompt for the first step.
Start answering questions.
Continue dialog in the same chat for
all steps one at a time.



What to Expect

2

Use this space to express yourself
freely and truthfully.
There are no right or wrong answers.



What to Expect

3

GPT will guide through five questions to uncover the hidden stories, patterns, and beliefs that shape your experience. Keep your attention!



What to Expect

4

You will Identify your negative/positive patterns, get daily affirmations, concrete action steps and motivational message to support your growth.



What to Expect

5

After completing each step, reflect on the insights, choose one small action to implement, repeat your affirmation daily, and move to the next step only when you feel ready.