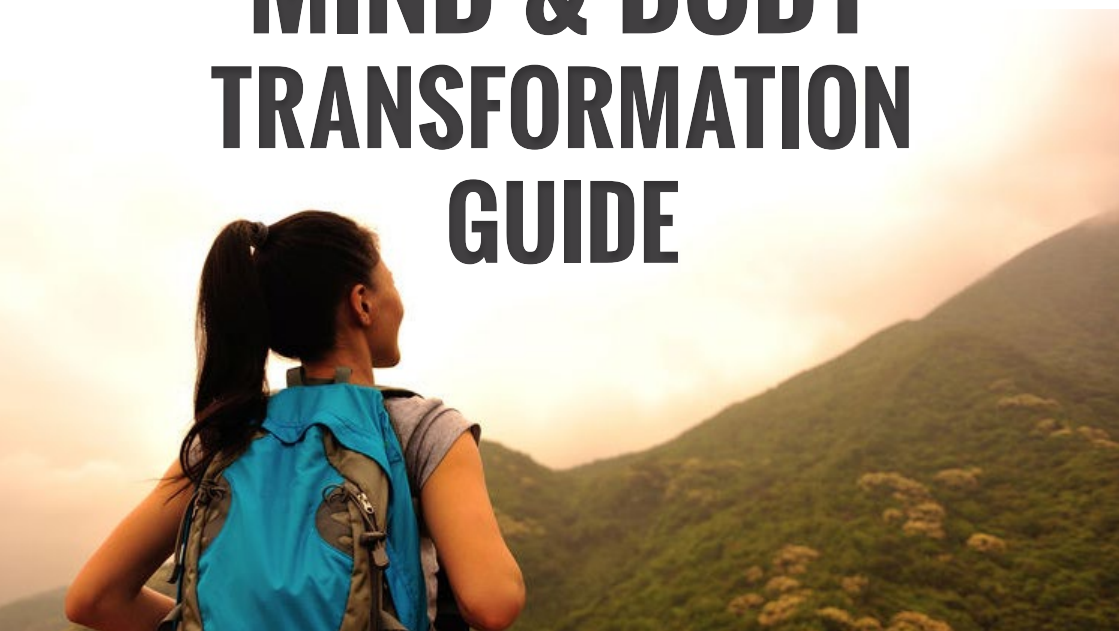




Felicia Starks Fitness
LOOK GOOD STARK NAKED



Felicia Starks'
**ULTIMATE
MIND & BODY
TRANSFORMATION
GUIDE**



www.feliciastarks.com



Medical Disclaimer

There is a substantive body of evidence surrounding the benefits of mindset exercises. However, they are not suitable for everyone. Accordingly, if you suffer from epilepsy, a mental health condition, or have otherwise been advised not to undertake this type of activity, you should obtain your medical practitioner's approval before making a start.

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About Felicia



Felicia Starks was a former slave to food for years. In 2004, she took control of her life, mindset and body by transforming from size 14-16 to size 4, even after having her son.

She has been able to maintain the weight loss for over 9 years and counting. After conquering weight loss, Felicia became a certified personal fitness trainer and lifestyle weight management specialist in 2012. Felicia discovered and educates on the keys to not only losing the fat, but how to maintain and keep the excess fat off permanently. Felicia shares her story to partner with and inspire women to live a fit, healthy lifestyle, have fun and be fabulous & fearless in fitness and their finances. Felicia truly believes there are no limits to what we can accomplish in life; while keeping ourselves as a priority on our to-do list. Her love for fitness increased 10x once she decided to get in the best shape of her life before her 40th birthday in 2014 and competed in her first fitness competition.....that was an absolute game changer and she has not looked back.

Felicia's clients, family, friends, readers and subscribers trust her as their best resource to providing more than just weight or fat loss tips, but also delivering health, fitness and nutrition solutions that are practical and work. Since reclaiming her health, losing weight, and discovering that "40 is the new 40", Felicia Starks has become the voice of inspiration to those who want to lose weight, be healthy, and get their healthy sexy body back!

Although Felicia holds a Bachelor of Science degree in Telecommunication Management from DeVry University, her true passion is in sharing and teaching about health, fitness and nutrition while providing practical solutions that work.





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Felicia offers on-line fitness and nutrition group coaching programs as well as customized meal plans for intermediate and advanced level fitness enthusiast. Felicia currently serves women who are 30 to 45 years old through her StarkNakedNutrition.com coaching program, to help them reduce overall body fat, define and tighten existing muscle and boost their self-esteem, by empowering them to make better nutritional decisions so they can maintain their leaner, sexier and healthy body for life & showing them exercises that will burn fat longer but take less time out of their busy lifestyles. Felicia is also the co-author of *Fat 2 Fit: Transforming from the Inside Out* which can be found on Amazon.

Felicia's mission is to inspire, uplift, encourage and empower you to live a fit and healthy lifestyle by re-introducing you to yourself and firmly believes that your health is your wealth.

See my final results. The best part about working together is that every minute has been a learning opportunity for me, but I especially appreciate your willingness to explain things in such a way that beginners – advanced levels can be successful.



Client success



After achieving a 30 lb weight loss on my own, and feeling as if I'd reached a plateau, I contacted Felicia Starks Fitness regarding nutrition coaching services. Because I am a mother and wife who works full time, I wanted an effective, but simple meal plan. Felicia provided just that. After one week of following her plan with no deviations, I noticed that my clothes were looser. I felt more energized, lighter, and less bloated. And at the end of my first week, I'd already lost 6 lbs. My initial goal was to lose 15lbs. After 6 weeks of working with Felicia I surpassed that goal and now my focus is fat loss. Not only is she knowledgeable, but she is the epitome of a professional and truly cares about the needs and goals of her clients. I would happily recommend her to everyone who is ready to make their fitness & nutrition dreams a reality."

Monica Black



Prior to working with Felicia at Total Body Fitness Camp, I was struggling with building muscle and losing fat. Since, I started working with Felicia, I am learning how to do body-weight exercises (even for a very out of shape beginner like myself), learning the importance of macros, and that getting enough protein is key. Before I came to Felicia, I had managed to lose weight, and I was doing some cardio, but nothing else. I had been stuck at 160 for about 4 months. What I was doing need to be changed. After only 2 months, I am feeling stronger, I am starting to see little muscles appear (woot!) and with her help my nutrition is finally on track. Down 3 pounds after week 1 on her 21 day look good stark naked shred. Can't wait to see my final results. The best part about working together is that every minute has been a learning opportunity for me, but I especially appreciate your willingness to explain things in such a way that beginners – advanced levels can be successful.

Elizabeth Coen



The principles of nutrition



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Below I have included the key principles that work for nutrition for health and fat loss. If anything you read, see or hear deviates from any of the six principles below, chances are you can dismiss it immediately as a short term fad diet. This is a way of eating that will enable you to achieve both fast and permanent results in a way that is 100% sustainable. You see this change has to be permanent so it has to be both straightforward and above all enjoyable.

Follow these principles and you will get results...

1. Eating fewer calories than you burn (calorie deficit)
2. Eat more vegetables and fruits because they are rich in antioxidants and micro-nutrients (vitamins and minerals)
3. Eat plenty of protein for repair and maintenance of lean tissue, and to keep you feeling full (protein satisfies the appetite more than any other macronutrient)
4. Eat enough healthy fats from oily fish, nuts, avocados, coconut and olive oils (healthy fats are an essential part of a balanced diet)
5. Drink plenty of water to naturally detoxify the body, keeping the brain and body hydrated so it can function properly (green and herbal teas count towards this water intake)
6. Limit processed foods and artificial sweeteners and preservatives

Now go and learn, cook, and experience the benefits that healthy eating has to offer – enjoy!

Recommended



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Fat 2 Fit: Transforming from the Inside Out

>> [BUY NOW](#)

7-Day Healthy Habits Challenge

Get the Information, Inspiration, and Motivation You Need to Kick-Start Your Fitness Goals and Feel Better FAST!

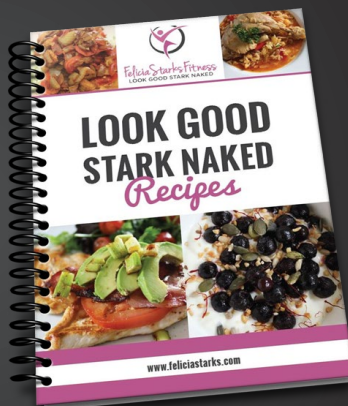
Join my Free Group here:

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Look Good Stark Naked Recipe Book

You'll find healthy recipes for beef, chicken and seafood lovers, as well as vegan and vegetarian recipes that you will love!

>> [BUY NOW](#)



Get in touch



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 <https://www.instagram.com/feliciastarksfitness>

Join my Free Facebook Fitness & Nutrition Community
support group: FS Fit Crew



A healthy mindset



If we want to become good at things in life, we tend to have to work for it. When it comes to building a strong mindset, this too takes practice and effort. Understand that it's not something you were born with, but rather it is something you must grow yourself, through deliberate practice.

Building a strong mindset takes time. It will require your self-discipline and perseverance to keep pushing, even when things may just seem too hard.

On the following pages are some exercises to get you on the right path to building a strong mindset. For example, creating affirmations and setting goals.

I wish you all the best on your journey.

To your success,

Felicia

I recommend you use a diary alongside this workbook to complete the exercises

Mindset & Motivation



My goal for you is the same goal that I had for myself when I set out on my journey... To create a sustainable lifestyle that enables you to look and feel good.

Many people make a decision to change based on things that they are having some dissatisfaction with. For example, many people are fed up with the excess body fat they have accumulated, they've had enough of feeling sluggish and tired, they are unhappy with feeling self-conscious, they feel stuck in a rut.

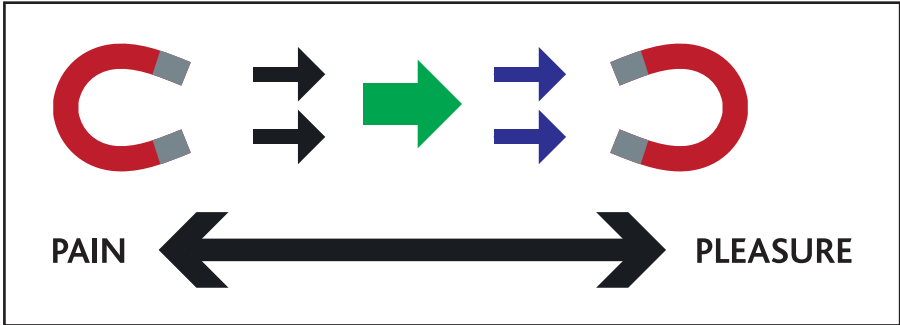
We might call this **"away from motivation"**, because these are all things that people generally want to move away from in life.

"Away from motivation" is very powerful because it is usually the thing that gets us to take action and to get us started.

Another way in which we are motivated is by being drawn towards the things we do want in our lives. In this case, a leaner, stronger, healthier body, more energy and vitality. Not only those things but what those things will allow us to do in life, how they will improve our lives.

For example, people have been able to start up their own businesses, gain promotions at work, feel confident in swimwear on vacation, attract a partner and even enter sporting competitions as a result of the increased confidence, self-esteem and new found energy they gained through the process of transforming their bodies.

We might call this **"towards motivation"**, because we are driven forwards towards the things that we desire in life.



So if the “away from motivation” is what gets us started, it’s the “towards motivation” that keeps us going.

It’s really important that we get clear about what we want in our lives, the easiest way to do this is to complete the AWAY & TOWARDS exercise.

This will take less than 5 minutes and will really give you clarity on the outcomes that you are looking to achieve from this program.

Away from Towards Exercise

Away

Towards

My Future Self Mental Exercise

This exercise, repeated often is one of the most powerful ways in which you can use the power of your imagination to help you make your desires become a reality.

90% of our behaviours are driven by the subconscious mind and this exercise is designed to make an impression on the subconscious so that our behaviours become more automatic and in alignment with our goal of transforming our bodies.

Start by finding a comfortable place where you will not be disturbed for 10-15 minutes. Some people like to lie down and others like to sit in a comfortable chair. The more you complete this exercise, the more easily you will be able to complete this exercise almost anywhere. I used to complete this exercise in my car during my lunch break.

Because this exercise uses breathing and relaxation techniques, it has additional health benefits. We will be covering stress in a later module but for now, we can say that stress can be detrimental to health and body composition. This exercise will help you to relax, which is an important aspect of managing stress levels.

Read the following through first and then do the exercises on the next page.

Start by closing your eyes. Then begin to focus your attention on your breathing. It does not matter whether you breathe through your nose or your mouth, just find whatever is comfortable for you.

Notice if you are breathing from your chest or your diaphragm, if you are breathing from your chest, start to breathe more diaphragmatically, feeling the belly expand and contract as you breathe. You may find that by doing this you have automatically released tension from your shoulders and that they have dropped, now is a good time to consciously let go of tension in your shoulders and neck and allow your shoulders to drop, notice how good it feels to let go of any tension.

Now bring back your attention to your breathing, to the in breath and the out breath, to the rise and fall that happens all by itself. Just stay with your focus entirely on your breath for a moment while the sounds play in the background.

Now take some deeper breaths, breathe in slowly and deeply from the belly and as your lungs expand, you feel your chest expand, breathe in for a count of 5 and breathe out for a count of 7, as you breathe out feel your shoulders relax down each time. Complete this deep breathing cycle 6 times while the sounds play in the background.

Now you are nicely relaxed, it's time to think about or visualise what you are working towards.

Those things that we wrote down in the Towards column in the motivation exercise, what were they?

It might have been to attain your ideal physique, to feel energised, to look better, to have more confidence, to attract a partner, to be more attractive to your partner, to love and be kinder to yourself more often, to be healthier.

Whatever those things are for you.

You can imagine yourself having those qualities in whatever way comes naturally to you.

Some people develop a clear image of what all this looks like, some people gain a feeling of what this will be like. Everyone's imagination is unique and so there is no right or wrong way to do this.

The main thing is that we are in a relaxed state and think about and can identify with our goals, and what we want to achieve. The more you repeat this exercise, the better you will become at doing this.

The more you focus on exactly what you want, getting a picture or a feeling of this, the more confidence you can have and the more you can trust yourself to make the right choices, and the more you find yourself increasingly able to cope more confidently with any situation in everyday life.

In fact, the more you think about what you want, the more excited you become and the more you enjoy doing the things that will propel you towards what you want.

Okay, so now we are going to bring our focus back to our breathing.

Just taking some deep breaths in and out.

We can start to bring our attention back to the here and now.

Bringing to our awareness our surroundings.

And opening our eyes.

Becoming fully alert, feeling fully refreshed in both body and mind, energised and motivated - fully capable of proceeding here with all due care and attention.



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Goal Setting

Exercise:

What do you want? (try to be as specific as possible)

Why do you want it?

e.g. To look good in the clothes I want to wear, to have more energy to play with my kids, to feel more confident / have greater self esteem in my personal and professional life, to attract a new partner / to be attractive to my partner

Contract

I _____ make a commitment now, to positively change my health, the shape of my body, my attitude towards food and my education of what it takes to make this transformation a lifestyle that I will be able to maintain for the rest of my life.

Signed _____ Date _____

SETTING GOALS

Goal setting is shown by research to be one of the easiest ways to increase motivation and enhance performance (Locke and Latham, Univ. of Maryland).

The more specific the goal the better. For example, you might want to make your goal time based and set a date for reaching that goal.

My goal is to...

e.g. Fit into my wedding dress, be a dress size smaller, get a work promotion, develop a better shape, feel more confident, have more energy.

Mindset habits



Use evenings as a chance to reflect and recharge, ready for tomorrow.

Celebrate your wins every day, no matter how big or small.

It's important to record our positive moments to help us improve our relationship with ourselves and others.

This habit can also encourage us to feel grateful for the events of our day.

What went well today?

When we focus on positive thoughts, there is less room for negative thoughts.

This can actually help improve our sleep quality as we are less likely to wake up during the night with worries and niggles.

Are there any things that didn't go so well today?

Reflect on these things - you can always aim to improve on this next time.

Don't beat yourself up :-)

If you encounter the same problem tomorrow is there anything you can do to bring about a better outcome?

This exercise will help you consider problems and actionable solutions.

Exercising gratitude...

What 3 things can you be grateful for today?

Breaking things down



When we have a big goal ahead of us it can often look like a monstrous mountain to climb.

This can result in feelings of overwhelm, fear and frustration. Before we know it, we've ditched the goal completely.

The easiest way to avoid this happening is to break down the goal into a series of smaller milestones.

e.g. Sarah's goal is to lose 28 lbs for her wedding in 3 months time. She breaks down her goal into 3 pieces... Each month she aims to lose around 9 - 10 lbs.

However, this milestone still looks a little bit scary to Sarah. Although she wants a challenge to stretch herself, she needs to balance this with being realistic.

She decides to break the milestone further into even smaller chunks (or 'mini milestones'). Every two weeks she aims to lose 5 lbs. This looks much more manageable to Sarah than the larger milestone she created.

Start now and set your goal and milestones.

If you feel you can achieve the goal with less (larger/less frequent) milestones then go for it!

If you prefer more (smaller/more frequent) milestones then that's fine. We are all individuals and respond in our own way.

It's useful to have a big goal to aim for to get you motivated and excited but then you also need the little goals to keep you focused on daily / weekly actions

**My
Goal**

Milestone

Mini milestone

Milestone

Mini milestone

Milestone

Mini milestone

Mini milestone

Consistency



Consistent daily action will help you reach your goals.

It doesn't matter how small the action is... over time, the actions will add up!

e.g. Sarah does 10 push ups when she gets out of bed in the morning.

Lea spends 10 minutes in her lunch break learning Spanish.

Jane swaps 30 minutes of her daily Facebook time for a book.

John spends an extra 2 minutes on the Stairmaster each week.

My daily actions

List as many as you are comfortable with. You can always add more later.

Affirmations



Affirmations are a great way to focus on positivity. They can help us counteract negative thoughts, eliminate negative self-talk and accomplish positive goals.

e.g. 'I'm no good at cooking' can change to "I'm learning to cook"

"I can't lose weight" can change to "Losing weight is easy for me"

"I'm destined to be single" can change to "I'm ready to meet my soul mate"

1. Identify.

What negative self talk / beliefs do you recognise? Write down everything that comes to your mind. List on left column on the next page.

2. Create affirmations.

List on right column next to each negative belief. Write in the present tense. e.g. "I am..."
"...going to be"

If the new affirmation feels untrue to you, then you might find it easier to reword it a little to make it believable. e.g. "Losing weight is easy for me" could be reworded to "I am getting better at losing weight"

Avoid using the word "trying". e.g. "I'm trying to lose weight" as it is self-perpetuating.

3. Use the new affirmations.

You might want to write down your new affirmations and put them somewhere you can see them each day. You could even take a photo of them and have them on your phone. Read your new affirmations from time to time to help reinforce them.

