

A person is shown from the chest up, climbing a thick rope. The background is a solid blue color. The person is wearing a light-colored shirt and is looking down at the rope. The rope is made of several strands and is being held with both hands.

PAM BURKE

**WHICH PATH TO
"STAYING CONSISTENT
WITH EXERCISE"
IS RIGHT FOR YOU?**

QUIZ RESULTS

**ODP - OUTCOME
DETACHMENT**

First things first, before getting to which path is right for you...

Thank You for taking the time to take the Which Path to "Staying Consistent with Exercise" is Right for You? Quiz.

Now, who am I?

Hello, I'm Pam Burke. I am the founder of Outside Your Walls.

Outside Your Walls started a few years ago. I was in a bad way. I felt broken. My career wasn't going how I wanted and I was carrying way more weight than I wanted. So I worked on changing both situations, at the same time.

What came out of that was unexpected. Staying consistent with exercise taught me lessons that helped change my thinking and my career. How'd staying consistent with exercise change my thinking? It got me outside my comfort zone and broke down the walls I allowed to get in my way.

That's when I began inspiring others to choose to do things outside their comfort zone. My journey eventually led me here - to create a quiz to help direct your path to staying consistent with exercise - or is it exercise? - only time will tell.

Enough about me. Onto your results.

Which path to staying consistent is right for you?

Pam Burke



**YOUR
RECOMMENDED
PATH IS**

ODP

WHAT DOES THE ODP MEAN?

ODP - What do those letters mean? Well, ODP is an easy way to remember the path that seems the most right for you based on the little bit that I know about you. Your answers are consistent with someone who is best served using the path called, Outcome Detachment.

In case you're curious, there are three other possible paths that lead to staying consistent with exercise. They are, Reframing, Chip Away, and Break the Rules. You can use a mix of the four at any point in your life, but outcome detachment is what I recommend for you.

Over the course of your life you can take many paths, but your current situation dictates your recommended path. For those like you, outcome detachment may be the best path to be the most successful with staying consistent.

Outcome detachment means removing yourself from the outcome. For example, removing yourself from a weight loss goal. WHAT?

I know, but “the goal” is to lose weight, or some other goal. I get it. I really do. But...

With the outcome detachment path, a scale, for example, no longer dictates your “success”. That alone makes it easier to remain consistent with exercise.

Here’s a valuable lesson I learned from living outside my walls. I discovered what to do when I wasn't achieving what I wanted to achieve, no matter how I tried. I learned I had to do a reassessment of what I was doing. That reassessment allowed me to change my outcome.

So with the path of detachment outcome, reassess your outcome by detaching from the outcome that’s holding you back.

Having this type of understanding of detaching from a goal is the first step to getting and staying consistent with exercise.



IT'S NOT YOU

Where you may have been running into trouble before now, however, is by going along a path not meant for you.

You see, conventional wisdom says, exercise looks a certain way. Then a certain something, weight loss for example, is what's supposed to happen when you exercise. Or even, that exercise is only meant for weight loss.

But what happens when you don't achieve your desired results? How do you feel about yourself? Do you feel good? How do you react?

People have said to me phrases like, "Pam, Why bother?", "I give up", "I'm fat", and "Something's wrong with me." But nothing's wrong with you.

That's why I argue, possibly, maybe conventional wisdom is not what's right for you. If it was, staying consistent with exercise would be a breeze.

Let's use the weight loss industry, an almost \$73 billion industry, as an example or even use a visit to the doctor as an example. Ever have a doctor say? "Change your diet and exercise." Both the weight loss industry and the doctor who gives no further instructions prescribe a one size fits all solution.

You don't live a one size fits all life. You are unique. Your situation is unique. It's important to understand that.

That's why you need a path and direction that will work for you, your unique situation, and the things you have control over. That's the path you have to follow.



WHAT'S WRONG THEN?

So like I said, there isn't anything wrong with you.

What's wrong is what you learned from conventional wisdom. It's the “what to do” and the “how to do it” that’s failed you. That's what's wrong.

The problem is no one taught you, or helped you, or supported you in a way to make this thing called “exercise” work for you. That's why you need a path that's right for you to help get started with exercising consistently.

A photograph of three women in athletic wear participating in a group exercise or challenge outdoors. They are leaning forward, possibly performing a core exercise or a team-building activity. The image is overlaid with a blue gradient.

CHALLENGE WAITLIST

I go deeper into getting started with staying consistent with exercise in a challenge I'm conducting. It's my 5 Days to Your First Consistent Week Challenge. The challenge is currently closed, but sign up today to add your name to the waitlist. I'll send you an email to let you know when the challenge starts up again.

All you need to do is [click here](#) on this page to sign up. Go ahead, click this link <http://pamburke.gives/fcwwl-odp>, right now. See you at the challenge.