

PAM BURKE

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

QUIZ RESULTS

CAP - CHIP AWAY

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**

CAP

A photograph of a woman and a young girl running together in a park. The woman is in the background, smiling, and the girl is in the foreground, also smiling and running. The image is slightly faded and serves as a background for the text on the left side of the page.

WHAT DOES THE CAP MEAN?

CAP - What do those letters mean? Well, CAP, or cap, 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, Chip Away.

In case you're curious, there are three other possible paths that lead to staying consistent with exercise. They are, Reframing, Outcome Detachment, and Break the Rules. You can use a mix of the four at any point in your life, but chipping away 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, chipping away may be the best path to be the most successful with staying consistent.

Chipping away means looking right in front of you, rather than thousands of feet ahead of you. When you look too far ahead, the goal you're trying to reach feels like it's too much. That too much causes a lack of motivation.

So to stay consistent, or get started with being consistent with exercise, chip away at the big pieces that are in your way. Turn them into smaller doable pieces.

Having this type of understanding 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.



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-cap>, right now. See you at the challenge.