

# Uninhibited Strength

14 little daily actions that make a BIG impact  
Commit to *one* to begin tapping into limitless strength.

- Power pose
- Drink WATER
- MOVE every waking hour
- Physically MOVE into an uncomfortable zone
- Eat SLOW(er) – savour it
- Eat food that nourishes – body & soul
- Get NAKED
- Be OUTSIDE
- Do NOTHING on purpose
- Be KIND to yourself
- Share AWESOME thoughts about others *to others*
- Track GRATEFULNESS
- Do something just for the JOY of it
- Be ACCOUNTABLE to something or someone

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## Let's Start Ticking Off This Checklist!

(And have our kids, friends, family and partners wondering what the heck happened!)

Hey EVERYONE!

Full disclosure: This checklist is not exactly *precise*.  
Well, it is. Just not in the traditional sense. I'm going to leave that up to you!  
(But I'll be right there beside you the whole time.)

The elusiveness is intentional. Mostly because I'm super mysterious. (*Super* kidding. This lady? I'm an open book.) If you want to know *what* to do in explicit detail ("I want some actions, Lady!"), we have actions upon actions ready at the helm for each checkmark and YOU get to choose.

Why the elusiveness?

Effective change requires factoring in **numero uno – YOU**. I'll walk you through each of the 14 checkmarks and provide tips, tricks and ideas for helping you push a *little* beyond where you are today and tap into any physical, mental and emotional energy currently on lockdown. (Let me outttt!!!)

Why a little?

We want **real change**. The type of change that melts into your day-to-day life and requires minimal maintenance energy because, well, now it's "just what I do ☺ (shoulder shrug)". Real change is the culmination of one little step followed up another. If you're going to put the work in, I want you to feel long-term results. Not that fleeting, quick fix BS.

**...The subtlest shifts.**

And, just to be clear, our goal is not to accumulate little behaviours so that *eventually* you accumulate enough shifts that you *eventually* experience an increase in the energy trifecta (see above). Even that first initial shift will help you reveal trapped energy.  
**Every shift after that initial change will simply compound the effect!**

Although you're excited (**YAH, YOU!**),  
please check out these **FAQs** before you dive in, you big Keener!

**Frequently Asked Questions**

## Q1. Where do I begin?

As we speak, you are receiving your first free BONUS: **Uninhibited Strength – THE HANDBOOK**. The guide digs deep into each item on that checklist. It explains the intention of each checkmark and how you can *own* the checkmark. The guide opens with the **5 (Making It Happen) QUESTIONS** that I use with my clients. You can apply those questions to each checkmark, answer honestly and **BAM** – you have personalized your list.

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## Q2. Jess, I'm not a nutritionist / biomechanist / movement specialist / therapist. How do I know which actions to choose to make this list effective for me?

**THE HANDBOOK** (currently cozy in your inbox) is designed to help you create manageable and realistic change with **practical tips, tricks and ideas**.

If you still have questions, do not hesitate to reach out to me on Facebook @JessicaVanRaay and DM me!

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## Q3. Hold the phone. I thought a checklist would be quick. How long will it take to personalize UNINHIBITED STRENGTH?

When you are ready, set aside **15 minutes** to create your initial plan. Filter each item on the checklist through the first 4 questions described in the guide (page 3). Personalizing a checkmark may take anywhere from a few seconds to a few minutes.

**GOOD NEWS:** *It might end up taking more time to PLAN your list than to actually DO the list every day (...and reap the rewards).*

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## Q4. Do I have to commit to all 14 checkmarks in order to “complete” the list each day and reap the rewards?

**Goodness, no!** It is important that you **a. set yourself up for success** and **b. be realistic**. Each of the 14 checkmarks were chosen for their energy potential but there is no rule stating you have to start with even half of them.

Checkmarks #1-7 are *big* checkmarks. For today, I'd recommend picking ONE checkmark that you prioritize over all others. If the rest of the list goes to hell in a hand basket but you nailed that ONE item – that's success and a great movement forward. If some of the items are behaviours you already do, definitely keep them as maintenance checkmarks and pat yourself on the back for completion.

**Set your plan.** Pick the checkmarks you are going to commit to and record the action or micro goal that will fulfill each item. When you finish *that* version of the checklist at the end of the day - that's a completed checklist!

## **TIP!**

**Print the checklist. Laminate it or slide it through a plastic sleeve.  
Grab a dry erase marker. Get checking.**

**Never underestimate the motivation of physically crossing something of  
your list. Celebrate your commitment!**

**I would like to personally invite you to join  
our online community!**

**FACEBOOK** @UninhibitedStrengthSociety

**INSTAGRAM** @ uninhibited.strength.coaching

**INSTAGRAM** @ jessicavanraay

**THE INTERNET** @ [www.jessicavanraay.com](http://www.jessicavanraay.com)

## **About Jess**



Jessica Van Raay is a movement aficionado, lover of water, mountain enthusiast, super nerd, heavy lifting-sprinting-yogi, philosophical ninja, adventure addict, mom of three and a wife, sister, daughter, aunt, cousin, friend, coach.

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