

THE INNER FITNESS PROJECT™

The Inner Fitness Project™ (TIFP) Wellbeing initiative that teaches effective, reliable “inner” practices for navigating your past, present, and future with resilience, power, and vision.

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People who have stable inner health are aware of their strengths and weaknesses. Inner conflict can lead to stress and impact how a person relates to the world around them. TIFP believes that it’s important for people to take a more proactive and prophylactic approach to inner health and wellbeing and that in the 21st Century, the most valuable leaders, whether in the workplace or at home, will be people who are emotionally congruous, resilient, self-affirmed and empathetic.

*Physical fitness stretches your body.
Inner fitness stretches your self.*
-TINA LIFFORD



THE INNER FITNESS PROJECT™, FOUNDER & CEO
Tina Lifford is the author of *The Little Book of Big Lies*, winner of the 2020 Nautilus Award for Personal Development, released in November 2019, by Harper Collins. For the past 30 years, her passion for personal development - her own and the field in general - has led her to study how to navigate the mental, emotional, and spiritual challenges human beings face. She is a licensed inner health and wellbeing life coach and spiritual practitioner, workshop facilitator, speaker, and CEO of The Inner Fitness Project™ (TIFP). TIFP offers a touring play called *The Circle* - about how seven diverse women navigate the choppy waters of life together. All of the products and services offered by The Inner Fitness Project help people to “live life WELL.” Lifford is also an award-winning actress by profession. She is currently a series regular on the critically acclaimed television show *Queen Sugar*, airing on OWN: the Oprah Winfrey Network.

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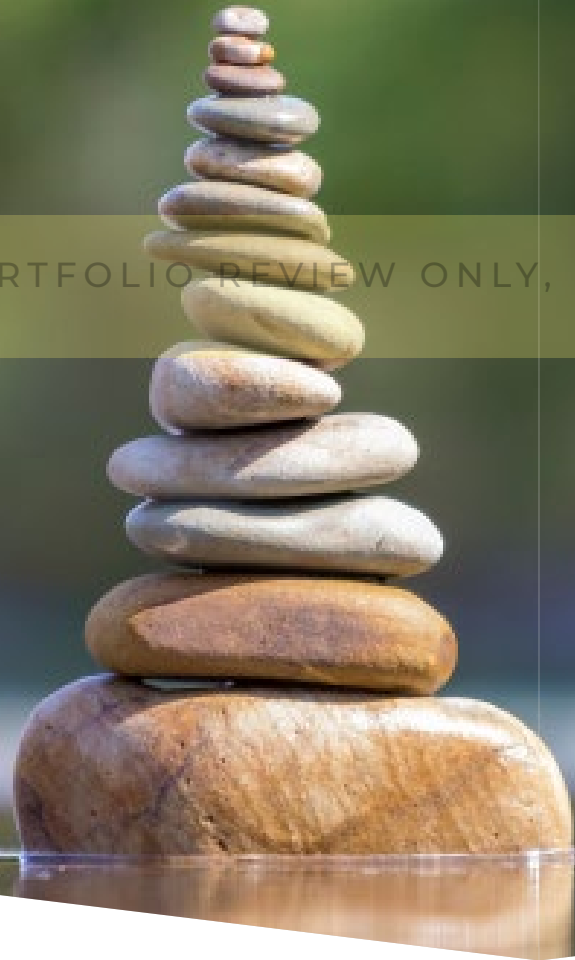
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Our Why

MODERN-DAY STRESS IS RELENTLESS

Emotional and mental congestion are crowding hearts and minds and there is an incredible need for a way to develop mental, emotional and spiritual skills and practices that foster resilience, resolve inner issues, and relieve stress so we can all thrive.

In a report issued pre-COVID-19 and social unrest, the American Psychological Association states that 75% of adults had experienced at least one stress symptom in the month prior to the survey, and 35% of people report experiencing chronic work stress.

Learning to mitigate stress is fast becoming a crucial life management skill.

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Our Approach

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THE INNER FITNESS PROJECT™

WELLBEING FOCUSED

The Inner Fitness Project teaches effective, reliable “inner” practices for navigating one’s life with resilience, power, and vision - creating a more aware and intentional way of navigating life.

INNER FITNESS

What Is Inner Fitness?

Inner fitness means developing mental, emotional and spiritual skills and practices that foster resilience, resolve inner issues, and relieve stress so you can live life WELL and thrive.

CORE BENEFIT

Building inner fitness creates the ability to navigate life challenges while maintaining a healthy sense of self and optimism and allows every life experience to be seen as an opportunity to grow. You will live a fulfilling life and THRIVE no matter your circumstance.

OUR PREMISE

How one relates to him or herself, their environment, and circumstances dictates their ability to navigate life effectively. A sound measure of inner health is foundational to thriving in life. Developing the ability to manage one’s thoughts and reactions is the inner fitness endeavor. Learning practices that forge this capacity is a proactive approach to inner health and wellbeing.

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Our Corporate Program

The Inner Fitness Project offers three inner fitness development programs, teaching more than 50 life management skills; some facilitated in 60-minute modules, and others in a longer workshop format.

Our offerings take an inside-out approach to life and leadership.

They are designed to forge personal grit - firmness of character and an indomitable spirit. Grit partnered with self-awareness, self-agency, and self-acceptance encourage personal accountability and teach one to take ownership of his or her experience.

Wellbeing Certificate Program

The Inner Fitness Project offers an Inner Fitness Certified™ Certificate of Intrapersonal Development; certifying that a program participant has satisfactorily completed our Foundational Inner Health and Wellbeing Skills Program - constituting 25 hours of skill development and group discussions.

Our certification program entails:

- Program entry written self-assessment
- Nine on-line workouts - 60-minutes each - covering a foundational concept
- Reading or listening to *The Little Book of Big Lies*
- Attending four midweek inner fitness focused on-line gatherings
- One written self-counseling
- One group course-completion/recommendations session
- Lifetime Wellness Wednesday membership

FOUNDATIONAL SKILLS

Understanding Self (Looking Within)

Developing the ability to see the subtleties of ego in operation.

Vision (Have an Intention)

We are always working from vision (our idea of ourselves and our lives), whether we are of this or not. IF dictates being more conscious of and deliberate about this.

See (What Needs to Be Seen)

Noticing and naming helps us be congruent

Acknowledge (Where You Are)

Knowing where you are establishes the starting point of the direct line where you want to be. It dictates the course forward.

Accept (Yourself Regardless of Circumstance)

Being at war with your Self is never productive. It creates distortions and disconnection from Self.

Remember (I Am More than This)

"I am more" is the perfect starting point for acceptance and "snap back" (resilience)

Interrupt (Old Patterns and Thinking)

The previous five actions create the awareness needed to interrupt old patterns and intentionally redesign your life.

Act (In Alignment with Your C.R.E.W.W.™)

Walk the inner fitness talk.

Gratitude (Regardless of Circumstances)

Creates connection, acceptance, appreciation. These stoke the thriving Self and forge one's invincible nature.