

Strong Body, Bolder Faith

CREATE LASTING CHANGE FROM THE INSIDE OUT



BY: LAURA LINDAHL, C-EP

HI I'M LAURA,

I'M A NATIONALLY CERTIFIED EXERCISE PHYSIOLOGIST AND NUTRITION COACH. I HELP WOMEN USE FITNESS TO STRENGTHEN THEIR BODY WITHOUT LOSING THEIR FAITH IN THE PROCESS. AFTER SPENDING YEARS IN THE FITNESS INDUSTRY, I STARTED TO REALIZE THE NEGATIVE EFFECT THAT FITNESS CAN HAVE ON A WOMAN'S VIEW OF HERSELF AND HER FAITH. THAT'S WHY I CREATED TRUE STRENGTH COLLECTIVE! WE WORK TOGETHER TO IDENTIFY WHAT LIMITING BELIEFS YOU HAVE ABOUT YOUR BODY AND YOUR FAITH TO FIND TRUE FREEDOM AND FEARLESS STRENGTH. MY CLIENTS FEEL CONFIDENT IN THEIR BODIES AGAIN AND HAVE A DEEPER UNDERSTANDING OF THEIR BIGGER PURPOSE OUTSIDE OF THE GYM.

WARMLY,

COACH LAURA LINDAHL
TRUE STRENGTH COLLECTIVE CEO



FOLLOW ME ON THE GRAM

LEARN MORE ABOUT HOW TO TRAIN YOUR BODY AND FUEL YOUR FAITH.



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Welcome!

HOW TO USE THIS WORKBOOK

1. CLEAR THE PATH

Carve out time in your day to sit down in a quiet place to read and write. Binge it all in one day, or take 5 minutes a day. It's up to you!

2. GET REAL

The more honest you can be with yourself, the more this workbook can change your life. Grab an eraser if you struggle with authenticity and write until truth comes out.

3. WRITE IT OUT

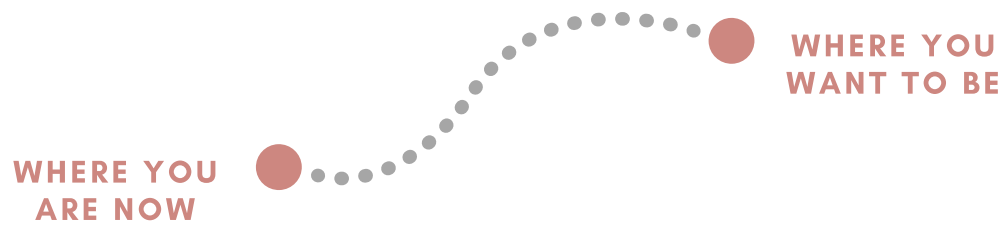
Print off this workbook and write out your thoughts. The more engaged you are in the process of change, the longer it will last!

4. BRING A FRIEND

Don't do this alone! Send this link to your friend and let them walk through this journey with you!

[Bring a friend!](#)

CREATE YOUR ROADMAP TO A STRONG BODY & BOLDER FAITH



TAKE 10 MINUTES TO GIVE YOUR BEST, HONEST ANSWER TO THESE QUESTIONS. DIG DEEP, AND GET REAL.

01. Who are you?

02. Where are you in your life right now?

03. Where do you want to go?

CHAPTER ONE

THE HURTS & HANGUPS

ISAIAH 43:19

**"SEE, I AM DOING A NEW THING!
NOW IT SPRINGS UP; DO YOU NOT PERCEIVE IT?
I AM MAKING A WAY IN THE WILDERNESS AND
STREAMS IN THE WASTELAND."**

THE HURTS

So many women have given up on ever seeing the changes to their body that they really want to see. They have tried multiple fat loss diets, 6-week bootcamp challenges, and 30 day cleanses. Initially, these delivered results, but after a few short months, they slid back into the same habits and regained the weight with more frustration and self-doubt than ever before.

Does this sound like you?

If you said "YES!",

then you're in the right place friend! I believe that these fast fixes don't last, and that the best way to lose fat and keep it off comes from building True Strength from the inside out. We start your journey to a stronger body and bolder faith by sorting out your hurts and hangups.

Do you hurt yourself by ...

- Comparing your body to others
- Fearing other people's opinions
- Shaming your body in the mirror
- Perpetually trying to eat less

The hurts are symptoms of a deeper fear that will hold you back from seeing lasting results.

If you've been following TSC for some time, you know that I get right to the heart of the matter.

So, let's have real talk... It's time to stop letting fear dictate your health and start pursuing strength out of love.

DIG DEEPER

- How do you currently view your body?
- What words do you use to describe your body to others?
- Why do you compare your body to others?
- If fear wasn't a factor, how would you treat your body differently?

NOTES



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"IT'S TIME TO STOP
CHASING THE FAST FIXES
AND ACKNOWLEDGE THE
PERSONAL OBSTACLES
STOPPING YOU FROM
SEEING THE RESULTS YOU
WANT."

- TRUE STRENGTH COLLECTIVE



THE HANGUPS

Have you ever heard the expression, "God is knocking at the door of your heart?" I heard it all the time as a kid and never fully understood it. What happens when I open the door? Will He stop by for a visit or bring cookies?

God doesn't just knock on the door of your heart to stop by for a coffee. He's there to fill up your heart with love, joy, and peace. Except, some of us don't have any room for Him. After we open the door, we have to move our kettlebells, jump ropes, waist trimmers, mirrors, and makeup just to give Him a spot on the couch!

God can't fill your heart with contentment, joy, confidence, and purpose if it's already filled to the brim with hangups.

A hangup is anything that we worship more than God.
What we worship, we eventually become.

Want to know what you worship?
Look at your daily schedule. What takes up the majority of your time and thoughts? Are you spending countless hours at the gym? Or maybe work is too demanding to give time to care for your body?

God wants to fill your heart with satisfaction, love, peace, and joy.
Is there room for Him?

Matthew 22:37

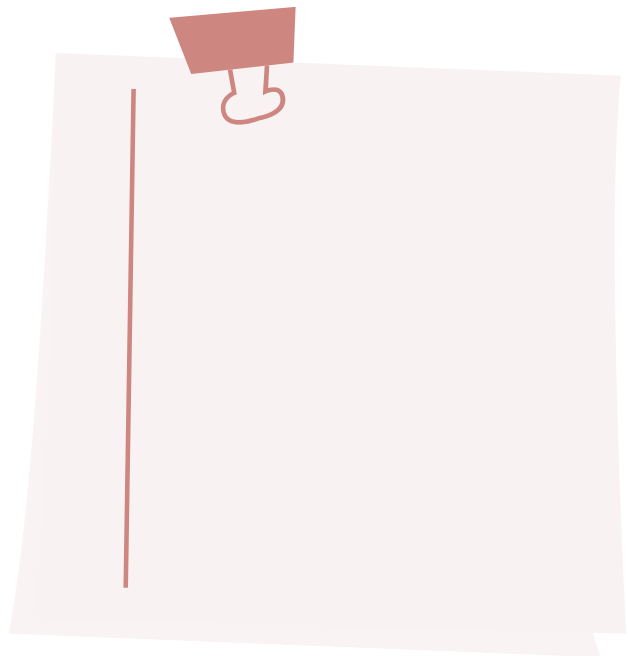
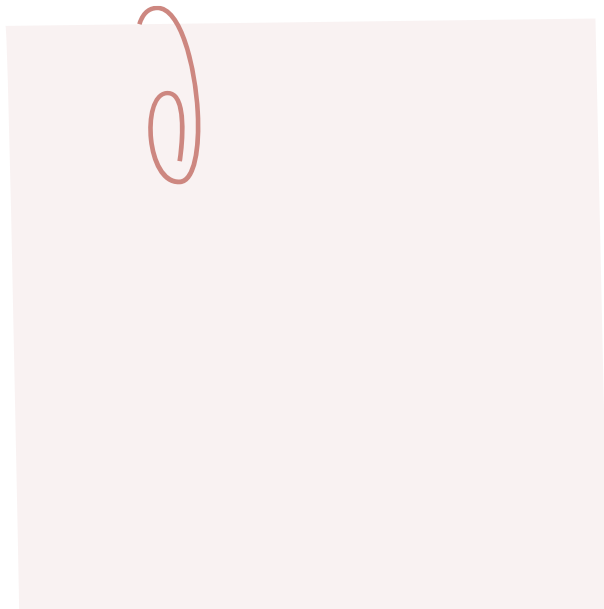
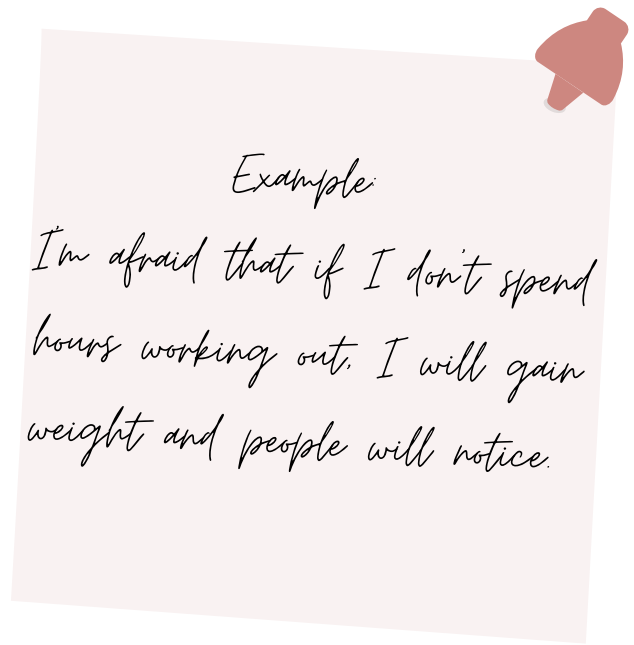
"You shall love the Lord your God with all your heart and with all your soul and with all your mind."

DIG DEEPER

- Could Jesus find a seat in the home of your heart?
- What specific hangups are stopping you from allowing God to fill your life with love, joy, and purpose?
- Does your daily schedule reflect a heart that is filled by God? Why or Why not?

NOTES

IDENTIFY YOUR HURTS & HANGUPS



CHAPTER TWO

DEFINING TRUE STRENGTH

ISAIAH 41:10

"FEAR NOT, FOR I AM WITH YOU; BE NOT
DISMAYED, FOR I AM YOUR GOD; I WILL
STRENGTHEN YOU, I WILL HELP YOU, I WILL
UPHOLD YOU WITH MY RIGHTEOUS RIGHT HAND."

WHAT IS TRUE STRENGTH?

True Strength is an product of outward change that results from an inward belief about who you are and Whose you are.

I believe that by finding True Strength you can be full of courage and confidence in something that is greater than your body AND create the lasting change that you're looking for.

I believe that you can kick fear to the curb and boldly pursue your health goals without losing your faith in the process.

You don't have to become body-obsessed to see the changes that you want. You can lose inches, and gain strength from a place of love, not hate, for your body.

Here's the truth, your body was made for more than fitness, comparison, and body shaming.

You are made to live a fulfilling life of purpose, passion, and confidence.

I believe that with the right mindset, faith, and self-care strategies you can create the lasting changes that you've always wanted.

DIG DEEPER:

- Have you been trying to create change from the outside in to no avail?
- Has fear stopped you from gaining strength or changing your body out of love?
- How can you develop True Strength?

NOTES

WHAT DOES THE BIBLE SAY ABOUT TRUE STRENGTH?

- Philippians 4:13**
"I can do all things through him who strengthens me."
- Exodus 15:2**
"The Lord is my strength and my song, and he has become my salvation; this is my God, and I will praise him, my father's God, and I will exalt him."
- 2 Corinthians 12:10**
"For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong."
- 2 Corinthians 4:16-18**
"So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal."
- Proverbs 31:17**
"She dresses herself with strength and makes her arms strong."

NOTES

CHAPTER THREE

THE SECRET TO REAL CHANGE

2 CORINTHIANS 5:17

"THEREFORE, IF ANYONE IS IN CHRIST, HE IS A
NEW CREATION. THE OLD HAS PASSED AWAY;
BEHOLD, THE NEW HAS COME."

TRUE STRENGTH METHOD

R

Restored Identity

True Strength happens from the inside out as we own our most authentic self by seeing ourselves as God sees us, loved and accepted.

E

Empowered Body

Use evidence-based exercise, nutrition, and self-care strategies to change your body with discipline out of love and not fear.

A

Amplified Purpose

Own the skills and talents that you have been uniquely given to serve and love those around you.

L

Loving Community

Find a tribe that will speak truth into your life, keep you accountable to your goals, and not pressure you to fall into cultural diet and fitness norms.

IN THE FOLLOWING CHAPTERS, I WILL BREAK DOWN EXACTLY WHAT EACH OF THESE STEPS LOOKS LIKE AND HOW YOU CAN USE THEM TO TAKE YOUR FIRST STEPS TOWARDS TRUE STRENGTH.

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I believe that with the right mindset, faith, and self-care strategies you can create the lasting changes that you've always wanted.”

- LAURA LINDAHL



CHAPTER FOUR

RESTORED IDENTITY

2 CORINTHIANS 5:17

THEREFORE, IF ANYONE IS IN CHRIST, HE IS A NEW CREATION. THE OLD HAS PASSED AWAY; BEHOLD, THE NEW HAS COME.

WHO ARE YOU?

Did you know that God doesn't care about what you look like?

In John 9:1-12, Jesus spits on the ground to make mud then smears it all over a blind man's face to heal him. Talk about a mess! If God cared about what the man looked like He would have at least given him a full facial and steamed it off!

But, He didn't because Jesus knew that our experiences are more important than our appearances. That man walked away seeing a vivid life for the first time. Mud and all.

God values your heart more than your habits.

No amount of right choices you can do will make Him love you more, and no amount of mess ups can make Him love you less if you are His child.

No amount of exercise, nutrition changes, or health hacks can ever give you more value than you have right now in this moment. Having the perfect body, biggest fitness blog, or trendy clothes won't satisfy or last.

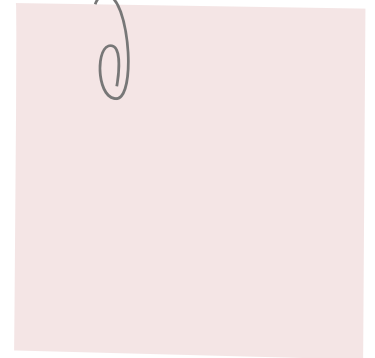
These forms of self-worth are fading.

1 Samuel 16:7 states that people look at the outward appearance, but God looks at the heart. Go to any nursing home and ask them what they wish they could have more of, and I guarantee you it wouldn't be a bigger butt or toned arms. They would beg for more time with their late husband or to hug their grandkids every day.

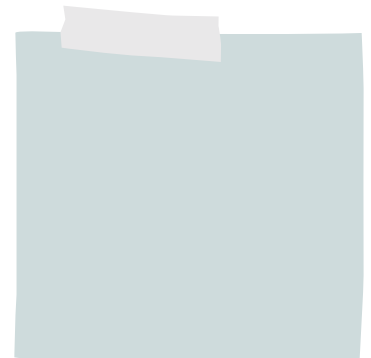
Why?

Because we are designed to find purpose and meaning in our experiences with others. You are priceless and valued for who you are right now. Do you believe that? Do your actions express that belief?

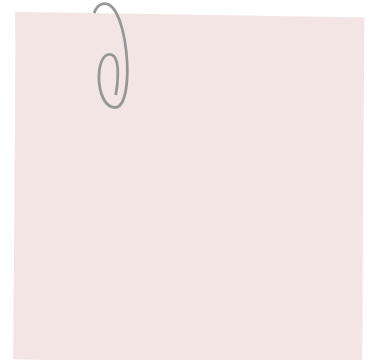
WHO AM I?



I'M WORTHY BECAUSE..



GOD SAYS I AM ...



IDENTITY INVESTIGATION

01. What currently defines you? (i.e. your body, personality, occupation, beliefs, achievements)

02. What would happen to your confidence if that was taken away from you?

03. Read I Samuel 16:7, Proverbs 31:30, Psalm 139:13–18, and Romans 8:37–39. What do these verses tell you about God’s view of your body and ultimate worthiness?

04. Does your view of your body and identity align with how God views you? Why or why not?

05. How would your body image, self-talk, and health habits change if you viewed your body and worth as God views them?



“

*God values
your heart
over
your habits*

”

- TRUE STRENGTH COLLECTIVE



IDENTITY RESTORATION JOURNAL

READ EACH OF THESE VERSES AND JOURNAL WHAT WORTH GOD GIVES YOU IN EACH OF THEM.

JOHN 1:12

God says I am...

ROMANS

8:28

God promises...

JOHN

15:16

God calls me His...

GENESIS

1:27

My body is made...

JEREMIAH

1:5

God made my body...

I PETER

2:9

God views me as His...

1 JOHN 3:1

I am totally known and completely....

WHAT NOW?

I believe that the greatest distance on earth is between the human head and the heart. It's easy to write out the changes that you want to see, but doing them is a different story.

You didn't create a marred identity of insecurity, negative self-talk, and low worth overnight. It was a result of many voices, images, and double taps.

Creating confidence and a restored identity takes time and practice.

Start by identifying those voices and images that pull you away from your true identity.

This may mean unfollowing accounts on social media that create comparison and body image obsession.

Replace these voices with truth from God.

Choose a few of the verses from the previous page to make a part of your day. Write it on your mirror, make it your background, or write it on your hand like you did in 5th grade!

Aligning your identity and worth with who God says you are won't happen overnight, but by making these small changes, you can see yourself as wonderfully made and totally loved just as you are today.

No one can steal what God has given you: a new identity is yours forever.

DIG DEEPER:

- Who do you need to unfollow that has been creating comparison and negative self-talk?
- How can you daily fill your mind with truth of who God says you are?
- Do you believe that you are working *from* a place of acceptance rather than *for* one?

NOTES

CHAPTER FIVE

EMPOWERED BODY

2TIMOTHY 1:7

"FOR THE SPIRIT GOD GAVE US DOES NOT MAKE US TIMID, BUT GIVES US POWER, LOVE AND SELF-DISCIPLINE."

LOVE & DISCIPLINE

Have you ever stepped on the scale and had a panic attack followed by a google search for top ten ways to lose weight? I know I have. That is until I learned how to create change out of love for my body, not from fear of what it could become.

When we try to change our body out of fear, we view our body as broken and unacceptable in its current state.

we lie to ourselves so we can feel accepted; however,
When in reality, we are already accepted and loved.

Understanding how to fuel and strengthen your body is a journey that starts with one decision:

Discipline your body out of love, not fear.

Fear will give you every reason to quit, but hope for who you are becoming will give you a reason to keep going.

“For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.” - 2 Timothy 1:7

To create lasting change in your body, you have to let go of fear and hold fast to love and discipline.

Love for who you are today and discipline to consistently create who you want to be tomorrow.

DIG DEEPER

- Have you been trying to change your body out of *fear*?
- What would it look like for you to change your body out of *love*?
- Do you speak to your body out of love and discipline?

NOTES

LOVE & DISCIPLINE

When you choose to view your body as God's home, you can stop trying to "fix" it and start loving it as a treasured gift.

"There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love."

1 John 4:18

Are you fueling and moving your body out of love? Why or why not?

Discipline is less about taking things out of your life and more about intentionally filling your life with good things.

"But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified."

1 Corinthians 9:27

Are you fueling and moving your body in a disciplined way? Why or why not?

FREE YOUR BODY

Your body was intricately designed to move, squat, push, pull, lunge, and lift.

When we limit these movements by sitting at a desk all day, our body isn't free. Without sufficient movement in a day, your body will get stiff, injury prone, weak, and unbalanced.

Your body was made to do MORE!

Did you know that the word "strength" appears 242 times in the Bible?

**"She dresses herself with strength and makes her arms strong."
Proverbs 31:17**

Society will tell you that you have to be skinny to be seen as beautiful or valued. This view is contrary to how God views us as women. He says we are enough right now.

He says that strength is beautiful.

Grinding out grueling workouts isn't a requirement for being fit. In fact, working out too much will slow your progress. Learn how to train in safe, effective and enjoyable ways.

Here are 4 simple guidelines for freeing your body:

- Strength Train 2-3x per week
- Get 10,000 steps a day
- Limit cardio to 2-3x per week
- Have a set recovery day

If you read to the end of this book, I have a special surprise to help guide you on your journey to empowering your body!

DIG DEEPER

- Are you enslaved to being skinny or lean?
- How are you freeing your body *daily*?
- How are you building strength?
- How many steps do you get in a day?
- Do you have a strength training schedule that is effective?

NOTES

WEEKLY WORKOUT PLANNER

MON	Warm Up:
	Workout:
	Recovery:
TUE	Warm Up:
	Workout:
	Recovery:
WED	Warm Up:
	Workout:
	Recovery:
THU	Warm Up:
	Workout:
	Recovery:
FRI	Warm Up:
	Workout:
	Recovery:
SAT	Warm Up:
	Workout:
	Recovery:
SUN	Warm Up:
	Workout:
	Recovery:

WEEK OF

TOP PRIORITIES:

DAILY STRETCHES:

WORKOUT GUIDELINES:

- 1. Strength train 2-3x per wk
- 2. Get 10k steps a day
- 3. Limit cardio to 2-3x per wk
- 4. Take a recovery day

"She dresses herself with strength and makes her arms strong."
Proverbs 31:17

CHAPTER SIX

AMPLIFIED PURPOSE

ROMANS 12:2

"DO NOT BE CONFORMED TO THIS WORLD, BUT BE TRANSFORMED BY THE RENEWAL OF YOUR MIND, THAT BY TESTING YOU MAY DISCERN WHAT IS THE WILL OF GOD, WHAT IS GOOD AND ACCEPTABLE AND PERFECT."

WHAT IS YOUR PURPOSE?

Before you can amplify your purpose, you have to first discover what it is.

Learning to find your purpose starts by taking your eyes off of the mirror and looking through windows at the people around you.

YOUR BODY WAS MADE FOR MORE THAN FITNESS.

You are made to love others and glorify God.

You are born with a unique set of skills and gifts that have nothing to do with your physical appearance.

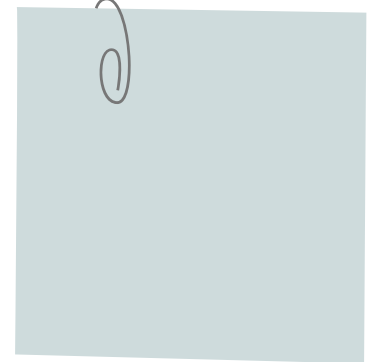
Take time to find out what gifts you have and skills you've learned.

Find someone who knows you well and ask them to help you. Invite them to coffee and pay for them!

Here's what to ask:

- What am I talented in?
- What do I enjoy doing?
- How do I better the lives of those around me?

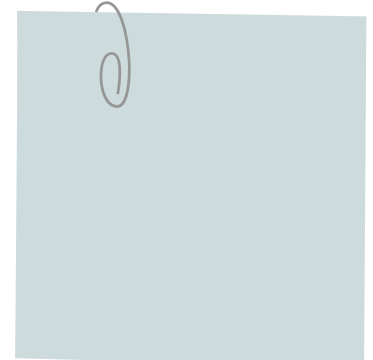
WHAT ARE MY TALENTS?



WHAT DO I ENJOY?



HOW DO I BETTER THOSE
AROUND ME?



YOU CAN'T MESS THIS UP

“Whatever you do, do it all for the glory of God.” 1 Corinthians 10:31

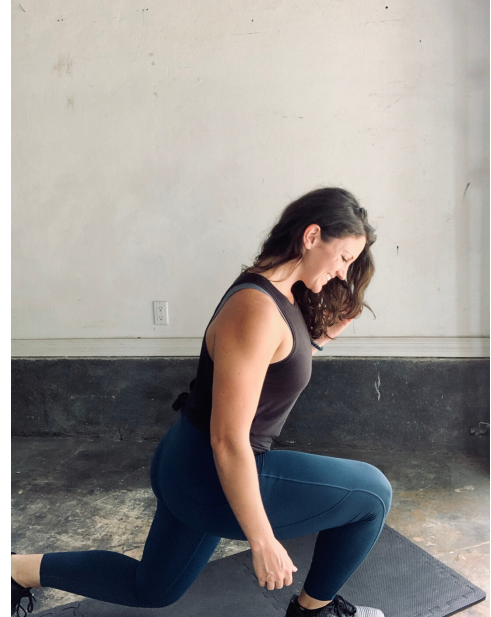
Sometimes we go through seasons of life that we don't feel purpose-filled, and that's okay.

We're all growing and moving forward.

Rest assured if you are living your life for God's glory more than your own, you can't screw it up.

He can use anything and anyone at anytime.

Have you set up outlets that allow you to serve and use your talents for God's glory?



NOTES

CHAPTER SEVEN

LOVING COMMUNITY

1 THESSALONIANS 5:14

"AND WE URGE YOU, BROTHERS, ADMONISH THE IDLE, ENCOURAGE THE FAINTHEARTED, HELP THE WEAK, BE PATIENT WITH THEM ALL."

BIRDS OF A FEATHER

We live in a world full of many lies and little truths.

These subtle little lies are often spread unintentionally by those who we surround ourselves with.

Lies like, "You should always be losing weight, always be grinding out your workouts, and pushing as hard as you can to look better."

The problem with surrounding yourself with people who are always hopping from diet to diet, overtraining, and obsessing with their body is that it will eventually skew your view of what is normal when it comes to your own health habits.

Many women feel pressured to start a detox, join a bootcamp, or lose the most inches simply out of peer pressure, fear, or guilt rather than for love and discipline.

Surround yourself with a community of women who find their self-worth in God and not their body and are disciplined out of love to keep their body healthy.

This doesn't necessarily mean to remove yourself from people who don't think like you do, but rather to choose what voices you look toward for encouragement.

DIG DEEPER:

- What is your community like? Are they constantly obsessing over their bodies?
- How can you be a voice of truth for friends who need to be reminded that they are more than a body?

NOTES

CREATE LOVING COMMUNITY

QUESTIONS

1. What is your community like?
2. How do they talk about their body?
3. Do you have a friend who can remind you of your true identity in the midst of insecurity and doubt?
4. Who will help you to discipline your body out of love and not fear?
5. Who needs you to be a voice of truth and encouragement?
6. What does Ephesians 4:29 tell us about how we should speak to ourselves and others?
7. What does Hebrews 10:24-25 remind us to do for one another?
8. How will you create a community that is full of truth and love for others?

ANSWERS

TIE THE KNOT

BRINGING IT ALL TOGETHER

TRUE STRENGTH COLLECTIVE

Congratulations!

You've done a lot of digging, and your path to becoming stronger is clearer than ever. Without the limiting beliefs to stop you or fear of what others think, you can now fearlessly pursue a stronger body and a bolder faith.

It's time to take the next step and strengthen your God-given body!

I want to help!

So many women jump into a fitness program without knowing if their body is ready for it. As a result, they can get injured or stall out without results. That's why I'm offering a free movement assessment call to help you know how to properly move your body and prevent injury.

DURING THIS FREE CALL WE WILL:

- Discuss current training routines
- Assess basic movement patterns
- Identify strengths and opportunities for improvement
- Strategize a personalized training program for what your body needs



**BOOK MY FREE MOVEMENT
ASSESSMENT!**

TRUE STRENGTH METHOD

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Restored Identity

True Strength happens from the inside out as we own our most authentic self by seeing ourself as God sees us, loved and accepted.

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Empowered Body

Use evidence-based exercise, nutrition, and self-care strategies to change your body with discipline out of love and not fear.

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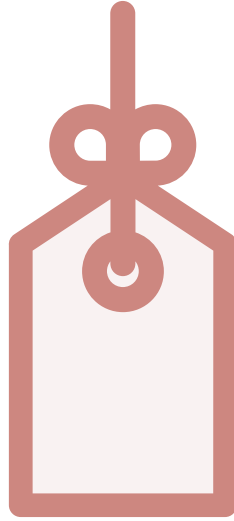
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Own the skills and talents that you have been uniquely given to serve and love those around you.

L

Loving Community

Find a tribe that will speak truth into your life, keep you accountable to your goals, and not pressure you to fall into cultural diet and fitness norms.



JUST MY WAY OF SAYING 'THANKS!'

FREE MOVEMENT ASSESSMENT

BOOK IT!

VISIT US AT [TRUESTRENGTHCOLLECTIVE.COM](https://www.truestrengthcollective.com)

IN CLOSING,

BY NOW, I HOPE THAT YOU KNOW THAT YOU ARE SO MUCH MORE THAN A BODY AND THAT YOU ARE WORTHY **BECAUSE GOD SAYS THAT YOU ARE**. YOU CAN CREATE THE CHANGE THAT YOU WANT TO SEE IN YOUR BODY FROM THE INSIDE OUT BY DOING THE WORK TO FIND OUT WHO YOU ARE AND WHY YOU'RE HERE. IN CLOSING, I WANT YOU TO REMIND YOU OF THE **MOST IMPORTANT** THING THAT WILL GUIDE YOUR HEALTH JOURNEY. NO MATTER HOW YOUR BODY CHANGES OVER TIME, YOU ARE COMPLETELY KNOWN AND COMPLETELY LOVED BY THE **GOD OF THE UNIVERSE WHO GAVE HIS SON TO DIE FOR YOU**, SO THAT YOU CAN HAVE ETERNAL LIFE. IF YOU HAVE ACCEPTED JESUS AS LORD IN YOUR LIFE, **EVERYTHING ELSE IS SECONDARY** WHEN IT COMES TO THE QUALITY OF YOUR LIFE. USE YOUR STRENGTH AND ENERGY AS A WAY TO SERVE THOSE IN YOUR SPHERE OF INFLUENCE AND **POINT THEM TO JESUS**. FIND YOUR CONFIDENCE IN WHO YOU ARE AND WHOSE YOU ARE, AND EXPERIENCE THE HEALTHY AND PURPOSE-FILLED LIFE THAT YOU WERE MADE FOR.

WARMLY,

COACH LAURA LINDAHL
TRUE STRENGTH COLLECTIVE CEO



FOLLOW ME ON THE GRAM

LEARN MORE ABOUT HOW TO TRAIN YOUR BODY AND FUEL YOUR FAITH.



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