

— FREE GUIDE · THE MINDSET SHIFT

From Victim to Actor

Take your power back from the scale and finally trust yourself.

IFBB BIKINI PRO | N1 CERTIFIED (BIOMECHANICS & PROGRAM DESIGN) | PN1 NUTRITION | 100S OF WOMEN COACHED SINCE 2016



In ten years of coaching, I've learned the hardest part is almost never the training or the macros. It's the story a woman tells herself: that the scale gets to decide her mood, that one "bad" meal ruins the week, that her body is something happening to her. I've watched

hundreds of women carry that weight, and I've watched them put it down. This guide is the exact shift I walk them through: five ways to stop being the victim of your diet and start being the actor in your own life. Not smaller. Stronger. In the driver's seat.

5

SHIFTS FOR TAKING YOUR POWER
BACK, STARTING TODAY

THE WHOLE SHIFT, IN TWO SEATS

Same body. Same week. Different seat.

THE VICTIM SEAT

The scale decides how my day goes.

One off-plan meal wrecks the week.

Smaller is the whole goal.

I wait to see what the week does to me.

I slip, then I punish myself.

THE DRIVER'S SEAT

→ The scale is one data point.

→ Something always beats nothing.

→ Stronger is the goal that lasts.

→ I decide what the week looks like.

→ I own the choice, then choose again.

Nothing about your body has to change to move seats. The five shifts below are how you slide over.

THE SHIFTS · 1 TO 3

Take the scale off the throne.

The number isn't in charge unless you hand it the crown. These first three loosen its grip.

1

The scale is a data point, not a verdict

The scale measures your relationship with gravity on one morning. That's it. Water, hormones, sodium, a hard training session, more muscle: all of it moves the number, and none of it means you failed. I tell my clients it's a data point, among many. Your measurements, your strength, your energy, how your clothes fit: those tell the real story. Weigh in if it's useful data. But a number on the floor doesn't get to be your judge.

REFRAME · "IT'S DATA, NOT A VERDICT."

2

Stop chasing your smallest self. Build your strongest self.

So much scale anxiety comes from one buried goal: be smaller. But smaller and stronger don't always live at the same number, and strong is the one that lasts. When you eat enough to fuel muscle, your hormones, energy, and metabolism all win, even if the scale creeps up. That creep can be a good thing: more food, more muscle, more capacity. The women who break free stop asking "how small can I get?" and start asking "how strong and capable can I feel?"

REFRAME · "STRONGEST SELF, NOT SMALLEST SELF."

3

Kill the all-or-nothing story

All-or-nothing is the mindset that turns one off-plan meal into a wrecked weekend, then a wrecked week. Here's the truth I repeat constantly: something is always better than nothing. A four-day break instead of a three-day break is fine. Half a workout beats no workout. Perfect isn't the standard. Consistent is. The goal isn't a flawless streak; it's a rhythm you can actually live in, through kids, work, travel, and life.

REFRAME · "SOMETHING BEATS NOTHING. EVERY TIME."

— THE SHIFTS · 4 TO 5

Step into the driver's seat.

Taking the scale off the throne leaves a seat open. This is where you sit down in it.

4

Stop beating yourself up. Own the choice instead.

When a woman reverts to an old habit, the first instinct is to punish herself. But shame doesn't build discipline. Ownership does. There's a line I use: a mistake happens now and then, but if it happens often, it isn't a mistake anymore. It's a choice. That sounds harsh, but it's freeing. It means you're not broken or weak; you're deciding. And if you can decide one way, you can decide the other. Own the choice, drop the shame, choose again.

REFRAME · "OWN IT, THEN CHOOSE AGAIN."

5

You are the actor in your own life

This is the whole thing. A victim waits to see what the scale, the plan, or the week does to her. An actor decides. You get to choose: do I actually need this food, or am I eating because everyone else is? Am I truly hungry, or just bored? Is this the choice that moves me toward the woman I want to be? I coach you, but you're the one taking action, in the driver's seat, writing the story. You are not a passenger in your own body. You are the actor. Start acting like it.

REFRAME · “YOU GET TO CHOOSE. SO CHOOSE.”

— THE MOMENT THIS GOT ITS NAME

One of my clients was traveling, a couple of back-to-back trips, the kind of stretch that used to blow up her whole routine. But this time she checked in glowing about her “a-ha moments” with food: catching herself before eating just because everyone else was, asking whether she was actually hungry or just there.

I told her: “That's it. You are the actor in your life. You get to make those choices.”

She didn't need more willpower. She'd stopped waiting for the trip to happen to her and started deciding. That's the whole shift, and it's available to you on any ordinary Tuesday.

— KEEP THIS PART

The five reframes, in one place.

1

It's data, not a verdict.

The scale measures one morning with gravity. It doesn't get to judge you.

2

Strongest self, not smallest self.

Chase capable and fueled. Strong is the one that lasts.

3

Something beats nothing. Every time.

Half a workout, a shorter break, one better choice. Consistent over perfect.

4

Own it, then choose again.

Drop the shame. If it happens often it's a choice, and choices can change.

5

You get to choose. So choose.

You're not a passenger in your body. You're the actor. Act like it.

— OPTIONAL · WRITE YOUR MANIFESTO

One thing I have clients do: write a short manifesto, a few lines about who you are and how you treat yourself now. Put it where you'll see it. When the old story creeps back, you read the new one out loud.

I fuel my body. I don't punish it. The scale is data, not a verdict. I'm the actor in my life.

— YOUR NEXT STEP

Ready to stop waiting and start deciding?

Knowing these five shifts is the easy part. Living them, through the scary weeks, the vacations, the perimenopause curveballs, is where most women get stuck. That's exactly what I coach.

Book a free call and we'll talk about where you want to go and whether 1:1 coaching is the right fit. No pressure, no pitch. Just a real conversation.

Schedule your onboarding call →

STRENGTHTRAINWITHVAL.COM

Built from real coaching with women 35+ who are done handing their power to the scale and ready to feel capable again. No restriction. No shame. Just strength that lasts.

Val Lusvardi

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