



Self-Assessment Guide & Workbook

Listen First. Then Train



Disclaimer (Read Before Use)

This Self-Assessment Guide (the “Guide”) is provided by **RE:TRAIN** for **educational and informational purposes only**. It is **not** medical advice, diagnosis, or treatment, and is not a substitute for assessment, advice, or care from a **qualified healthcare professional**.

The Guide is intended to help you observe and reflect on movement, training signals, and recovery.

Before starting any new exercise or movement activity, consult a physician or qualified healthcare provider, especially if you have or suspect you have an injury or medical condition, are recovering from surgery, are pregnant/postpartum, or have cardiovascular, neurological, bone/joint, or connective tissue concerns.

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OVERVIEW

Unlike traditional training models that emphasize output first, RE:TRAIN prioritizes understanding how your body responds to stress, load, and movement over time.

Through guided reflection and simple frameworks presented in this guide and workbook, you'll gain clarity on how your body communicates, and how your current approach to training may be helping or hindering progress.

This guide is not about fixing anything. It is about creating awareness so your next step, whether training, rehab, or coaching is intentional rather than reactive.

RE:TRAIN works best for individuals who are willing to slow down to learn, not those looking for shortcuts or one-off-sessions.



Objective

- Help you determine whether RE:TRAIN is a fit for you
- Introduce the philosophy behind listen-first training, and the LISTEN Method™
- Prepare you for a productive assessment and coaching process

Outcome

By completing this guide and workbook you will:

- Better understand how your body communicates
- Learn how to interpret signals without fear or judgement
- Gain clarity on why past approaches may not have lasted
- Decide whether RE:TRAIN aligns with how you want to train moving forward

What this guide is designed to do

You will understand your body beyond pain and symptoms

- Learn why previous programs may have helped temporarily but failed long-term
- Reframe pain, stiffness, and fatigue as information
- Recognize patterns instead of chasing sensations

*You will learn how to **LISTEN** in real time*

- Apply a repeatable framework during and after training
- Build awareness without becoming cautious or anxious
- Learn to adjust intelligently rather than react emotionally

You will arrive prepared for real progress

- Understand your role in the RE:TRAIN process
- Recognize why one-off sessions rarely resolve ongoing issues
- Appreciate why consistency matters more than intensity









What this guide is not

This Self-Assessment Guide is not:

- A program
- A diagnosis
- A quick fix

Its purpose is to help you understand how your body responds to training, so your decisions are informed, calm, and sustainable

LISTEN METHOD™

-  **Locate** where your body is asking for attention today.
-  **Interpret** what that signal means.
-  **Scale** load, range, or intensity appropriately.
-  **Train** with intention and awareness.
-  **Evaluate** how your body responds.
-  **Navigate forward** using that information.

This framework guides every session at RE:TRAIN

Module 1: Orientation

Listening Comes Before Training

Before we talk about exercises, programs, or performance, we need to talk about something more important, the relationship you have with your body.

Most people have been taught to override their body in the name of progress. Push through pain. Ignore stiffness. Treat fatigue as weakness.

The problem isn't effort, the problem is ignoring feedback.

Your body is constantly communicating through sensation, movement quality, energy, and recovery. When those signals are ignored, progress slows, and injuries repeat.

At RE:TRAIN we don't train *despite* the body, we train *with* it.

Listening doesn't mean backing off forever, it means responding intelligently so training becomes sustainable, adaptive, and repeatable.

This system will teach you how to listen first, so every session builds you forward instead of breaking you down.

We look forward to working with you!



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Module 2: Redefining Pain, Stiffness & Fatigue

Signals, Not Setbacks

Let's reframe three words that have been misunderstood for a long time: ***pain, stiffness, and fatigue.***

- Pain does not necessarily indicate damage. This doesn't mean pain should be ignored, it means it should be interpreted.
- Stiffness is not failure
- Fatigue is not weakness

These are signals.

Signals give insight into how you are responding to load, recovery, stress, and capacity. Ignoring them doesn't make you stronger, it makes progress unpredictable.

At the same time, listening does not mean stopping at the first sensation of discomfort. It means learning the difference between productive effort and warning signals.

Our goal is not zero sensation. Our goal is clear communication.

When you understand what your body is saying, you stop guessing and start progressing with confidence.



Module 3: The LISTEN Method™

How Training Adapts to You

Every session at RE:TRAIN follows the same intelligent process; we call it the LISTEN Method.

LOCATE where your body is asking for attention today.

INTERPRET what that signal means.

SCALE load, range, or intensity appropriately.

TRAIN with intention and awareness.

EVALUATE how your body responds.

NAVIGATE forward using that information.

This is why your sessions are never rigid. They evolve with you.

Two identical workouts can produce completely different results depending on how the body responds.

Listening allows us to train hard when appropriate, and adjust, when necessary, without losing momentum.



Module 4: What LISTEN Feels Like

Awareness vs Overthinking

Listening to your body does not mean obsessing over every sensation. It means noticing **patterns**, not chasing feelings.

- Are movements smooth or guarded?
- Does effort feel controlled or forced?
- Do you feel more capable as the session progresses—or more restricted?

Listening is calm and neutral. Overriding is emotional and reactive.

If you've ever pushed through a session and felt worse afterward, that was override.

If you've adjusted slightly and finished feeling stronger, that was listening.

The skill you're building here is trust. Trust in your body, and trust in the process.



Module 5: Scaling Without Ego

Why Adjustment is a Strength

Scaling is one of the most misunderstood concepts in training. Many people believe adjusting load or range means regression, but scaling is how progression becomes sustainable.

Strength isn't proven by forcing numbers, it's proven by consistency, control, and recovery. Some days your body is ready for intensity. Other days it's asking for precision. Both are productive.

The strongest athletes aren't the ones who never adjust, they're the ones who know when to adjust.

Scaling is not stepping back. It's choosing the most effective path forward.



Module 6: Post-Session Intelligence

How to Measure Real Progress

Progress isn't measured by soreness; it's measured by capacity.

Ask yourself after training:

- Do I feel more open or more restricted?
- More confident or more guarded?
- More stable or more fatigued?
- What movement feels different than when I started?
- What would I repeat next session?
- What would I adjust without emotion?

The goal is not exhaustion. The goal is adaptation. If training consistently leaves you feeling depleted, something is off.

Listening after sessions helps us refine, not abandon, the plan. Every session gives us data. We use it.



Module 7: Long-Term Strength

Training for the Body You Want to Keep

The goal of training isn't short-term intensity, it's long-term capability. Because bodies that last are built through attention, patience, and intelligent stress.

Listening doesn't make you weaker, it makes you resilient. When you stop fighting your body, it stops resisting you. This is how people train intelligently, not by avoiding challenges, but by respecting adaptation.

Listen first. Then train.

Is RE:TRAIN the Right Next Step?

If this guide resonates with you, the RE:TRAIN system is what you need to start building a sustainable approach to strength and wellness.

RE:TRAIN was designed for those who want to move past quick fixes, and embrace a method that values steady progress, adaptability, and lifelong results.

By integrating what you learn about your body in each session, you'll develop habits that support your goals and keep you moving forward, free from the cycle of injury and frustration.

The RE:TRAIN system is not just a program; it's a mindset shift toward honoring your body's signals and investing in your long-term health.

It's training your body will want to keep doing



Module 8: Understanding Injury: The Role of Adaptation

Don't just trust the process. Understand it.

At RE:TRAIN we are not competing with gyms, practitioners or clinics, we believe every system and service has a place.

What we provide is **Movement Literacy Coaching**:

The ability to understand, interpret, and train your body intelligently, across changing contexts, loads, and seasons of life.

RE:TRAIN was built around understanding. We don't just train bodies; we teach clients how to listen to theirs.

Injuries are not simply the result of a lack of effort or motivation. Instead, they often happen because individuals are unaware of how to properly respond when their bodies undergo changes. The key factor in avoiding injury is a person's ability to recognize and adapt to the evolving physical demands and limitation they experience over time.

Our bodies change, whether due to aging, increased activity, or other factors; Knowing how to modify routines, techniques, and habits becomes essential. By learning to recognize and respond to these changes, individuals can better maintain their well-being.

Takeaway:

Pain isn't random. Compensation isn't accidental. Stiffness and fatigue aren't failure.

They're messages.



Ready to take the next step?

1 Apply

Complete the RE:TRAIN [Application](#).

You can also schedule a call with Benjamin to further discuss the RE:TRAIN approach.

2 Get a plan

Our initial sessions will include thorough assessments to develop your custom approach, along with supervised instruction of prescribed movements. We'll discuss your background, goals, and training options that best suit your needs.

3 Commit to consistent training

We build a training structure that adapts to your body. If you are ready to stop guessing and start training with clarity, RE:TRAIN is your next step.

Commit to you

If you recognize yourself in this guide, the next step isn't more self-analysis, it's guided execution. Let's connect to see how we can help you move forward.



GET IN TOUCH

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Client Reflection Workbook

Listen First. Then Train



How to use these worksheets:

- Go through worksheets at your own pace, no need to do them all at once
- Avoid overthinking your answers, go with your first gut instinct
- This is education, not compliance
- To print or fill these worksheets out on your computer or mobile device, you will have to download the file onto your device.

Worksheet 1: Awareness Baseline

This worksheet pairs with Module 1

Purpose: Establish starting awareness without self-criticism

Answer honestly. There is no “right” or “wrong responses”.

1. When training feels challenging, my default response is usually:

- ☐ Push harder
- ☐ Ignore it
- ☐ Stop completely
- ☐ Adjust slightly
- ☐ Unsure

2. Signals I tend to ignore most often (check all that apply):

- ☐ Tightness
- ☐ Fatigue
- ☐ Joint discomfort
- ☐ Loss of control
- ☐ Changes in breathing

3. What I want training to feel like long-term:

4. One thing I'm open to changing about how I train:

WORKSHEET 2: Signal Recognition

This worksheet pairs with Module 2

Purpose: Teach differentiation without fear

1. During training, I most often notice signals in:

- ☐ Joints
- ☐ Muscles
- ☐ Breathing
- ☐ Energy levels
- ☐ Coordination

2. How do I usually interpret these signals?

- ☐ As something to push through
- ☐ As a reason to stop
- ☐ As information
- ☐ I'm not sure

3. One signal I experienced recently:

What might that signal be communicating? *(Reminder: signals don't require immediate judgement, only attention)*

WORKSHEET 3: The LISTEN Check-in

This worksheet pairs with Module 3

Purpose: Turn the framework into habit

During Training:

L — Locate

Where does my body feel:

Most available?

Most restricted?

I — Interpret

This likely relates to:

- ☐ Load
- ☐ Range
- ☐ Recovery
- ☐ Stress
- ☐ Unsure

S — Scale

One adjustment I might need today:

After Training:

E — Evaluate

Right now, my body feels:

- ☐ More open
- ☐ More stable
- ☐ Neutral
- ☐ More restricted

N — Navigate Forward

One insight to carry into my next session:

WORKSHEET 4: Listening vs Overthinking

This worksheet pairs with Module 4

Purpose: Prevent hyper-vigilance

During today's session, my attention was mostly:

- ☐ Calm and observant
- ☐ Distracted
- ☐ Anxious
- ☐ Judgmental
- ☐ Neutral

I noticed patterns in:

- ☐ Movement quality
- ☐ Breathing
- ☐ Control
- ☐ Fatigue timing

Did adjusting help?

- ☐ Yes
- ☐ No
- ☐ Unsure

Reflection:

What changed after the adjustment?

Listening is pattern recognition, not problem hunting.

WORKSHEET 5: Scaling Without Ego

This worksheet pairs with Module 5

Purpose: Detach progress from identity

Today, I scaled:

- ☐ Load
- ☐ Range
- ☐ Tempo
- ☐ Volume
- ☐ Nothing

My emotional response to scaling:

- ☐ Relief
- ☐ Frustration
- ☐ Confidence
- ☐ Indifference

Did scaling allow me to train with better quality?

- ☐ Yes
- ☐ No
- ☐ Not sure

Reframe this adjustment as progress.

WORKSHEET 6: Post-Session Intelligence

This worksheet pairs with Module 6

Purpose: Shift progress metrics

Immediately after training I felt:

- ☐ Energized
- ☐ Calm
- ☐ Neutral
- ☐ Drained

The next day, I felt:

- ☐ More capable
- ☐ The same
- ☐ Less capable

One sign my body adapted well:

One sign my body needs adjustment next time:

WORKSHEET 7: Long-term Perspective

This worksheet pairs with Module 7

Purpose: Anchor sustainability

Compared to past training approaches, this feels:

- ☐ More sustainable
- ☐ Less stressful
- ☐ More intentional
- ☐ Unfamiliar but promising

One habit I want to keep:

One belief I'm letting go of:

Based on insights from the RE:TRAIN Self-Assessment Guide and these worksheet, how do I now define "strong" for myself?