

Our mindset is the key to unlocking the full potential we have for our life and health. Mindset has the power to bring us what we most want in life and also take it away. A powerful state of mind makes marriages, parenting, health, businesses, friendships and daily life grow and flourish like a well-watered forest! It is up to us to really hone in the way we think to empower our decisions and life.

## A MINDSET OF HEALTH

*Secret*

*Being healthy, fit and losing weight are all easy. It just takes time.*

Most people are not patient enough and want it RIGHT NOW then give up because they don't have the results, NOT REALISING that the solution is time plus growth.

Here are 4 mindset tools to empower you and help you gain more freedom in the way you think. Please give yourself the time and self respect to work your way throughout this worksheet in its entirety and send me the main outcomes OR your thoughts and reflections of yourself after completing.

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## 1. Why Do We Self-Sabotage?

DID YOU KNOW?

*"95% of what we do comes from the subconscious."*

The subconscious mind's job is to PROTECT YOU. Protect you from CHANGE that might HURT you. Because of this mechanism, each person has a specific set of beliefs that have been implanted into him or her like...

*"I was just born to be fat, I can't help that I eat so much, I am just big boned, the skinny girls have it easier, I am just prone to sickness, I am just a worrier, I get stressed easily".... And so on...*

These imprinted beliefs dictate the way that life goes for you... most are self-inflicted...SOME beliefs are good and some of are LIMITING.

*"When what you believe is true is challenged by any one result or outside circumstance, the mind and body quickly revert you to maintain that truth."*

For example, if “I am big boned” was your belief...And is deeply ingrained in you...Then you would NEVER be able to drop below a weight that matched that truth, as hard as you try, because that is the belief you have convinced your mind is true and anything else is wrong.

*Thus you will return to that reality as fast as possible.*

Same thing goes for the sick person. If your belief is that you need to “manage” your symptoms, it’s going to be a lot harder if not impossible to really improve your state of health.

Also, we hold beliefs around what we think we deserve because we have been taught or have taken on limits to what we are “worthy” of ...

*“When your perception of what you deserve is less than your current progress, you will sabotage your progress.”*

Change is SCARY – it poses a new threat to what has been so comfortable, familiar and consistent.

*EVEN if what is comfortable is TERRIBLE we will stay in it for SAFTY.*

It’s kinda this challenging place to be...Either face a death of who you once were, or by staying the same, face the death of your dreams and what could be. Being faced with perceived “death” in either direction can cause our body to just shut down if we feel either option is painful.

Sometimes, it’s easier to go numb and not to do anything at all than **risk**. **Risk** is a change that ignites our primal instinct to stay **safe**.

Changing can mean cutting friends out of our life, foods that make us comfortable when we are hurting and even changing the course of our career. Without really being aware of it, those types of changes register in the most primal part of the brain as DEATH or DANGER, and then we self-sabotage our progress to continue the path of safety. The solution is easier said than done, but once practiced can change the brain’s perception of what result is actually desirable (aka the one you really want).

*“When the pain of staying the same is more painful than change, you will change.”*

See, in this state, you want to quit but quitting is more painful than continuing. The alternative is that quitting is more beneficial than the progress, where most people get stuck.

## **So as action steps for breaking the pattern, write down**

1. **Where you are right now.**

2. Where you want to be.



3. What is in the way of getting you to step 2? What do you believe about yourself that holds you back from 2? Is it true or is it just a defence mechanism? Do you feel worthy of 2? What are new beliefs I can hold now that I understand the false beliefs that no longer serve me?



By going through this process DAILY you will allow your brain to start releasing what it believes and replace old habitual (limiting thinking) with new (empowering thinking). Then as time goes on, the growth is addicting, the progress is all worth it.

*It just takes time and patience.*

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2. Where your focus goes your energy flows.

*Ever wonder why when you go on a diet and think about not being able to have chocolate cake, it's the one thing you want more than anything?*

*Ex. How much weight do you want to lose? (Disempowering question)*

Focusing on the fat / weight you want to lose, how tired you are or the diagnosis you have can be frustrated because the more you focus on trying to get rid of the problem, the more it seems to persist. So if you are focused on losing weight....Guess what you will get?

### Weight.

*By focusing on the weight (or any problem), you are conditioning your brain to create that result because you can visualize it more than the thing you ACTUALLY want.*

*"Where your focus goes your energy flows."*

#### **Ex. Empower belief**

"Look at these abs coming in!"

"I am getting so healthy, it's crazy!"

"It's so easy to.... (desired outcome)."

**I want you to write some empowering thoughts about yourself, right now!**



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### **3. ALL Or Nothing**

The tendency to go to extremes is a learned trait. Judging yourself/ your body as extremely good or extremely bad can be damaging both mentally and physically. Change this thinking by recognising that few things are truly black and white.

*Most who categorise themselves as type A want to succeed at any cost.*

Unfortunately success isn't only measured by being perfect, and in fact trying to be perfect can detour from success.

***“Perfection is the highest form of failure.”***

Those who seek perfection as the only success burn out quickly because perfection is unattainable, and they fail often trying to achieve it, the opposite of what they want most which is to succeed.

***Sustainability and gradual growth is a recipe for success.***

If one can change their mindset from “I must be perfect, I must get it right” to “I desire to grow and continue my progress” then that person can sustainably improve over the long haul vs. being perfect for a short time then burning out. This saves much energy and time, as the person that gradually grows gets used to each stage of growth and enjoys the progress.

In comparison, the all or nothing person stresses because they have skipped over the journey and have jumped to the extreme in which they are not ready to maintain long term. To grow gradually, enjoy each step of the way, notice where you are and slightly increase each thing you want to improve rather than a complete overhaul.

**Q. Reflect on the first THREE weeks of this training block. Note down some observations when you have tried to be perfect and given up or ‘ill do it tomorrow’ instead of do something.**



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## **4. Victim Mentality**

**Do these statements ever leave your mouth?**

***“I should, I can’t do that, I have to do that, it’s not my fault, they have it easier, if only it were different, if only I had --- it would be perfect, or I would be happy, these things always happen to me...”***

Trying to motivate yourself with "should" statements, attempting to achieve "perfect" before you can enjoy life, or feeling as though you have limitations that keep you from what you most want are all disempowering beliefs. By saying the above statements, you are wiring your brain to believe you do not have control of life or how you feel about circumstance.

**Solution?**

## Self OWNERSHIP.

“If it’s to be it’s up to me!”

### INSTEAD OF A MINDSET OF “SURVIVE” WE CAN HAVE A MINDSET TO “THRIVE!”

If you feel suffocated by you problems, so much so that your focus and attention on the problem consumes your thoughts, then it’s time to reprogram your brain. By being aware to proactive self-ownership talk each day, you can create great results in your belief system and how your life turns own. Getting your mind to BELIEVE with 100% CERTAINTY that you can make something happen, and the results are up to you EMPOWERS you to create more thing in you life.

Even if something doesn’t turn out the way you wanted or you feel as though it was someone else who influenced the result, still take ownership so you keep the power in your court, wrong or right. SO how do we take ownership and an empowered stance? By owning our life and the results 100% AND making it easier to get the results we want by knowing EXACTLY WHAT WE WANT.

It starts by knowing EXACTLY **what** you want to achieve... (**Goal Setting WEEK TWO**)

#### GET SPECIFIC

Then knowing **WHY** you want to achieve it... ( **YOUR WHY WEEK THREE**)

Knowing **WHOM** you need to become to make it happen (**MINDSET WEEK FOUR**)

Then changing **YOUR IDENTITY TO THAT. (COACHING & SELF REFLECTION)**

Have you completed your weeks 2,3 and this worksheet?

If yes, great, you are on track and ready to make these changes that you signed up for! Reflect on your progress physical and mental to date so far below!

***If not, why not? Are you afraid of change, of success? You need to go back and take the time to work through these steps, this is how change is going to happen for you. I know you want this so go back, take action, be responsible for yourself. Take action, be proud, change your mind :D If you have not completed any worksheets, make a call with Jenni ASAP to coach you through this!***

