

Picture a Healthy New You.

It's March in Colorado so that means it's time to put the bikes and golf clubs away and break out the snow shovels. Spring has officially sprung. Springtime is known as a time for rebirth so along with the birds chirping and the thought of petunias popping up it's also time to picture a healthy new you.

I recently had a conversation with one of our gals in our TuffChickFIT bootcamp and we were discussing the concept of change and how it relates to motivation... specifically her motivation. We decided it was synonymous with that of a light switch. It's either on or its off... unless of course, you have a dimmer switch which would then mean it's only kind of off and kind of on.

Why is it that some of us allow our switch to be turned ONLY to "dim" while others are able to turn it ON and keep it ON until the task is done.

Why is it that some of never even care to flip the switch from the OFF position?

Perhaps its because the individuality of each of our own mind, body and brain is truly unique. The way our thoughts and behaviors (mind) influence our bodies and the way our bodies influences our thoughts and behaviors is a very busy and constant two way street. Most important is that the communication of these entities is facilitated by our hormones and our hormones are unique to each one of us. Put it all together and you have individuals who may have common characteristics yet completely different behaviors and actions.

Let's get Back to the light switch.

Do you find yourself challenged by believing in and picturing the *Healthy New You* well you're not alone. Most people have already given up on their "New Years Resolutions" by now but you don't need to be a statistic! Most people think "Its just too hard and they just can't do it. Too many of you set goals that are way to lofty for the current emotional situation you are dealing with which will lead to the non conscious mismatch warnings and subsequent failures. This leads to a learned helplessness that becomes a part of your subconscious mind and the more that gets reinforced the more it becomes a part of you.

So what can you do about it?

First off, You must be an active participant for transformation to occur. Just as your muscles need consistent training to get strong and fit your brain needs constant training as well. Your non-conscious processing is what ultimately determines your behaviors.

See what it takes and see what you can do RIGHT NOW!

**7 Steps to Cognitive Restructuring**

## **1. Become the watcher in your own mind.**

Your job is to keep track of ...Whats going on in **your own mind**?

You are not alone!

How many times do you battle the negative chatter that goes back and forth in your head – too often!

Unfortunately, if you aren't achieving your goals its because the good guy loses and the bad guy wins that battle. If you can name it you can change it.

How many times have you found yourself making those self deprecating comments just to help you cope with the real thoughts of "I'm too fat, I'm too thin, I'm too weak or I'm too\_\_\_\_\_ (fill in the blank).

If you TRULY want to move forward and make the lasting changes you MUST start by saying goodbye to those negative words inside your head and become the watcher in your own mind.

**2. Accept Responsibility-** You already named it and figured out what was the prison guard in your mental prison so now OWN IT.

As an adjective, the word OWN means- pertaining to, or belonging to oneself or itself and as a VERB it means to acknowledge or admit.

It doesn't get any plainer than that!

Universally you are not alone on how you may feel but you ARE alone when it comes to taking ownership in your stuff.

You must win back control of your mind because ONLY YOU CAN CHANGE YOU!

If it is to be, It is up to me!

## **3. Make a declaration to Change.**

It's very easy to allow yourself to give up or blow off a workout or a good eating day but if you tell others of your plans then you are held accountable.

You will be much more likely to follow through with that social evidence or fear of loss.

## **4. Intervention-**

The minute the negative thoughts begin to flow into your mind you need to put on the brake and say STOP! I'm sure if you do this too often in public you will begin to lose a few friends but isn't being fit worth it. ☺

The initial thought of saying STOP activates the prefrontal cortex of the brain and makes it a conscious effort and therefore minimizes the emotional negative attachment to that thought.

**5. Rehearse-** over and over and over you need to perform imagery. By saying the positive thoughts over and over again you are wiring your brain for success.

Use positive affirmations or self talk to reinforce the new behaviors.

**6. Demonstrate-** This is the powerful step where the rituals come into play.

Rules. This combination of mental rehearsal and physical demonstration will rewire the brain very quickly.

**7. Feedback-** We have to reward the good behaviors and victories which will trigger the release of dopamine which will drive the behavior over and over again.

Take control and take back your life and ...

Don't Cheat your Body!