

Upgrade Your Mindset for Success – 3 Simple Tips That Make A Big Difference

Proper goal setting is only one part of achieving your health goals. Sometimes, I see people who are super-determined to achieve their goals, have all the coaches, programs, products and equipment lined up to help them do the work, only to find themselves being stuck at some point and unable to move forward to achieve what they set out to accomplish. Often times, they got stuck at the same place every time, no matter what different methods or approaches they try. Similar scenarios seem to play out over and over again.

What is the missing ingredient? Turns out that mindset adjustment is an important component in making positive changes that last. This applies to all aspects of health and wellness, but it is particularly effective for folks working on weight management and reducing food (sugar) cravings.

There are many ways you can up-level your mindset for success, and it heavily depends upon where you are as an individual. Here, I am going to share with you three simple upgrades that you can do right away to make a difference.

1. The 90/10 Rule. Eat well and healthy 90% of the time, and let yourself indulge without guilt 10% of the time. Don't beat yourself up if you slip – this kind of guilt and self-blame does not help you stay on course.

Deprivation is not a sustainable way to make changes that last. You may be able to go cold turkey on your favorite food for two weeks, but what happens after your “diet”? Most people will probably binge, feel bad, and give up. Allowing yourself to eat what you love, and possibly finding healthier substitute to satisfy your taste bud, is how you can make healthy changes that will bring you benefits for a long time to come.

2. The Bigger Why. When you face challenges in adapting dietary and lifestyle changes, and wanting to just go back to the old familiar way of eating, ask yourself – what is costing you not to take action?

You need to go deep, and think not just the immediate consequences but keep asking “then what?” – tap into the emotions that come with the immediate outcome – that is the ultimate results that you want to create.

3. Subconscious Fear and Mental Blocks. If you have been trying to make changes to your diet and lifestyle, but are unable to make breakthroughs beyond a certain point, I invite you to dig deeper into what is holding you back. Maybe it’s not just the matter of willpower at the present moment that is preventing you from succeeding. You may have to do some work to see if any of your past experiences is responsible for some limiting beliefs that are holding you back.

Take these points into account and fill out the “Goal and Intention Setting” worksheet. Save it and send me an email and let me know what they are...I’ll hold you accountable.