



EMPOWER YOUR MIND

Your Inner Journey To Looking, Feeling And
Performing At Your Very Best

Task 3

What is the Empower Your Mind Series?

The Empower Your Mind series is designed to inspire you and motivate you to achieve your goals. If achieving your goal was just about exercise and nutrition you would have reached it by now. What holds people back is their mind. This Empower Your Mind series will ensure your mind works for you rather than against you in your journey to achieving the body of your dreams. Once you get your mind onside then the diet and exercise falls into place.

Without training your mind then even the best diet and exercise programme in the world won't work. If you lose motivation and inspiration to follow it then it is no good. The only way to make sure you achieve your goals is to train your mind to ensure you remain motivated and inspired.

Task 3

By now you should have a pretty good idea about what you want to accomplish in terms of what you want to look like, feel like and perform like. After the last task you will now be crystal clear on why you want to achieve these goals. Don't worry if you're not 100% certain though, at least you are far more attached to your goals and you are moving in the right direction. For some people it may take a few attempts at task 2 to become crystal clear on their why. If you are feeling a little unsure still on your why then every few days redo task 2 until you become crystal clear.

Now you are clear on your why, we need to find out why you haven't reached your goal yet. We need to find out what is holding you back and why your past efforts have failed.

We want to know why you keep drinking alcohol and eating takeaways even though you want to lose weight. Once you know why you keeping acting out negative behaviours towards your goal we can start to put things in place.

Often it is the beliefs you have which lead you to acting out these negative behaviours. By identifying these negative behaviours and then your beliefs around them and why you do them, we can start to dismantle the blocks which make moving towards your goal far easier.

Your beliefs effect everything. You might believe that eating chocolate and alcohol doesn't affect your results; you might believe you don't have to exercise regularly in order to see results or you may believe you have to do lots of cardio to lose weight and never lift weights.

You see what you believe effects your actions. Once we can identify your beliefs we can start to dismantle them and then create new beliefs which will help you move closer to your goal.

You can only ever act in accordance with your beliefs which is why it is important we change your beliefs to beliefs which will work for you in your quest to see amazing results rather than against you.

The questions I want you to answer for each of your goal categories are

'What am I consistently doing which reduces my ability to achieve my top 3 goals?'
'What aren't I consistently doing which would help me reach my top 3 goals if I done them?'
'Why am I consistently doing these things which reduce my ability to achieve my top 3 goals?'
'Why aren't I consistently doing these things which would help me to reach my top 3 goals if I done them?'

Once you know these answers you can change you beliefs to help you do the things you need to do and avoid the things which are holding you back.

Appearance

What am I consistently doing which reduces my ability to achieve my top 3 goals?

What aren't I consistently doing which would help me reach my top 3 goals if I done them?

Why am I consistently doing these things which reduce my ability to achieve my top 3 goals?

Why aren't I consistently doing these things which would help me to reach my top 3 goals if I done them?

Feelings

What am I consistently doing which reduces my ability to achieve my top 3 goals?

What aren't I consistently doing which would help me reach my top 3 goals if I done them?

Why am I consistently doing these things which reduce my ability to achieve my top 3 goals?

Why aren't I consistently doing these things which would help me to reach my top 3 goals if I done them?

Performance

What am I consistently doing which reduces my ability to achieve my top 3 goals?

What aren't I consistently doing which would help me reach my top 3 goals if I done them?

Why am I consistently doing these things which reduce my ability to achieve my top 3 goals?

Why aren't I consistently doing these things which would help me to reach my top 3 goals if I done them?

The simple task of answering these questions will identify things you have never been aware of before. It will help to identify your barriers and why you do them so you know exactly what any why you haven't achieved your goals in the past. This is very important because it helps you to learn from your mistakes. It helps you to make changes so you don't make the same mistakes and instead this time you reach your goals.

The clearer you get about how your behaviours either are or aren't helping you the more likely you can do something about it.

The next exercise we will start to use tools to change your beliefs but for now I want you to carry on with your visualisation exercise. I want you to read your reasons why you want to achieve your goals before visualising how you want to look, feel and perform. The minimum time you should spend on this is 2 minutes. However, for best results I would recommend spending 20 minutes in total every night visualising.