



EMPOWER YOUR MIND

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

Task 4

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 4

Task 4 is the final task in the Empower Your Mind series. By now you should know what you want, why you want it and what's holding you back. What's left to do is to create an action plan for achieving your goals.

We are going to create your action plan in steps.

The first thing I want you to do, is to give 5-10 actions you can take in relation to the answers you gave to the questions in task 5 'What am I consistently doing which reduces my ability to achieve my top 3 goals?' and 'What aren't I consistently doing which would help me reach my top 3 goals if I done them?'. I want you to give 5-10 actions you can take for each answer you gave in each of the categories appearance, feelings and performance.

So if you gave 3 things you are doing which are holding you back in getting the appearance you want this means that I want between 15 and 30 actions you can take. The same goes with what you should be doing that you aren't doing. If you gave 4 answers for things you should do to improve your performance but aren't doing then I want between 20 and 40 actions you can take.

As well as writing the actions you can take I want you to write down why you should take this action and also your beliefs about what the result will be from taking this action.

Here is an example

"I need to stop drinking alcohol until I reach my target weight of 60kg because I am carbohydrate sensitive and even a little stalls my weight loss as well as leads me to making poor food choices. I believe that if I avoid alcohol until I hit my target I will hit it far faster, far easier and the weight is more likely to stay off in the long term too"

I don't want you to write what you think the right answer should be or what other people think the answer should be. I want your honest answer. I would rather you gave your honest answer which is less committed than give a text book answer that you don't believe. I am not looking for perfect answers; I am looking for your honest answer.

You may be thinking this task sounds time consuming. Yes it is more time consuming than your previous Empower Your Mind tasks, however, isn't it better to have a really good plan in place that works than just quickly throw any old plan together which doesn't work? By doing this task properly rather than rush it, it will save you far more time in the long run. If you start off with the correct plan then you will stay on track and hit your destination. If you start off with the wrong plan then you will get lost on your journey and you will have to create a new plan. I promise doing this task properly will save you far more time as you will reach your goal far far quicker.

Let's get started on the first part of this task 😊

Appearance

What do you believe you need to stop doing in order to look the way you want to look? What actions can you take to stop doing them and why should you take these actions? What will be the benefit of taking action?

Appearance

What do you believe you need to start doing in order to look the way you want to look? What actions can you take to start doing them and why should you take these actions? What will be the benefit of taking action?

Feelings

What do you believe you need to stop doing in order to feel the way you want to feel? What actions can you take to stop doing them and why should you take these actions? What will be the benefit of taking action?

Feelings

What do you believe you need to start doing in order to feel the way you want to feel? What actions can you take to start doing them and why should you take these actions? What will be the benefit of taking action?

Performance

What do you believe you need to stop doing in order to perform the way you want to perform? What actions can you take to stop doing them and why should you take these actions? What will be the benefit of taking action?

Performance

What do you believe you need to start doing in order to perform the way you want to perform? What actions can you take to start doing them and why should you take these actions? What will be the benefit of taking action?

Master List Of Things To Stop Doing

The next thing I want you to do is create a master list of the top 15-30 actions you can take towards stopping the things you believe you need to stop doing to improve your appearance, the way you feel and your performance.

Beside each of these actions I want you to write down whether you are willing to take the action required to stop doing these things for the next 30-60 days. Be truthful. If you are not willing to do it then write down that you're not willing to do it.

Master List Of Things To Start Doing

The next thing I want you to do is create a master list of the top 15-30 actions you can take towards doing the things you believe you need to start doing to improve your appearance, the way you feel and your performance.

Beside each of these actions I want you to write down whether you are willing to take the action required to do these things for the next 30-60 days. Be truthful. If you are not willing to do it then write down that you're not willing to do it.

Untie The Nots

For those things you have identified you're not willing to start doing, I want you to build a case for not doing them through answering the following sentence stems for each thing you're not willing to stop or start doing.

1. Even though I know that choosing not to _____
will mean I will not reach my stated goal of (looking, feeling performing)
_____ I choose not to act in a way that
would bring it about because _____
and I feel _____ about it.
2. The only thing(s) that would make it worth my time and effort to start/stop
_____ would be

Again honesty is the very best policy here. You need to see in black and white that YOU are in the driving seat with this and that if you're not achieving what you want it's because (in most cases) you've chosen not to because you value something more.

This is not about judgement. It doesn't make you good or bad to choose this way, but it does reveal the reality of your situation about why you're experiencing your current health/fitness/appearance and in doing so empowers you. After all, if you're not getting to where you want to go because you have chosen not to go there, that's a very different situation to the belief that you simply can't accomplish it.

Commitment Contract

Now you are clear about what you won't do, create a list of things that you will commit to doing for the next 30/60/90 days of your life (you choose how long).

This list/commitment contract is only for the things you are 100% committed to doing. It's a contract for yourself to make sure you hold yourself accountable. I don't want you putting anything on this list you think you can do, you are willing to try or you might be able to do. This list is for those things you will do and only those things you are 100% committed to doing.

I want you to write up this commitment contract on an A4 page or two A4 pages. Print it off and read it every morning and every night to remind you of the commitment you have made to yourself in the actions you will take towards achieving your goals.

Once you have made your commitment contract all that is left to do is honour your commitment contract. Simple. In 30/60/90 days if you honour this contract you will have achieved your goals, or at the very least be well on your way to achieving your goals if your goal is a longer term goal which will take a longer time frame to reach.

My Commitment Contract

For the next _____ days I am committed to achieving my goals of

Looking (list your goals)

- 1.
- 2.
- 3.

Feeling (list your goals)

- 1.
- 2.
- 3.

Performing (list your goals)

- 1.
- 2.
- 3.

And in order to achieve these goals I commit to these behaviours 100% (list the actions you are going to take)

I am committing to these actions because I believe.....

I will know if I am on track by....

I will know if I am off track by

If I am off track I will....

Name _____ Sign _____ Date _____