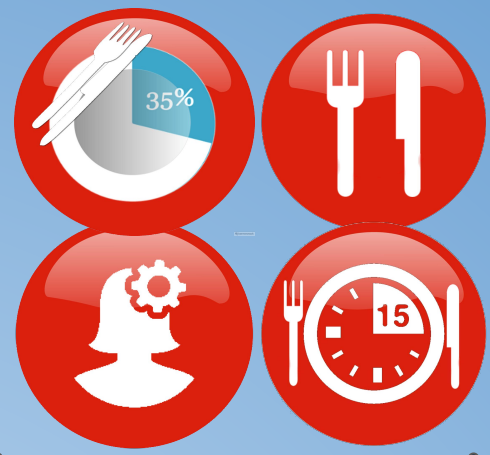
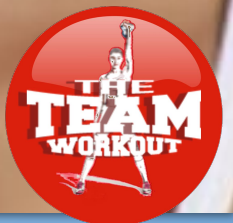


Mindset



Getting In shape Body & Mind





Thoughts & Beliefs that sabotage your success

Now we all know getting in shape can take a lot of physical effort. Lifting those heavy 25kg bags, Swinging kettlebell's, Running up that hill and not to mention.... Burpee's , I can almost hear you groan, all this take a hell of a lot of energy. But much more than this, it also takes a whole lot of mental strength!

You know I'm always talking about mindset & countless times I have heard teammate say "I can't lift that it's too heavy!", " I can't make it up the hill, AGAIN!" etc... only to be, seconds later encourage, coaxed, or semi ahem forced to do it ;) either by myself or by one of your teammates. Thus Proving to yourself, without a doubt, that I can't thought was, dead wrong.

Now, that thought, the I can't attitude was a defeatist mindset. If left unchecked you would of given up way before you physically needed. At best this results in you burning less calories and not toning your muscles.

At Worst, you reinforce a negative self belief that you can't do it and thus, prove yourself right! All before you even really tried, booo!

In psychobabble terms this is known as a cognitive distortion and the defeatist is just one of them. There's also ...

Categoriser Rule Maker 2 yr Old Comparer



Perfectionist Defeatist Blamer Labeller

The Above (we'll go through them all soon) are simply ways that our mind convinces us of something that isn't really true. These inaccurate thoughts are usually used to reinforce negative thinking or emotions — telling ourselves things that sound rational and accurate, but really only serve to keep us feeling bad about ourselves.

They can be a real problem when you are trying to change your lifestyle habits but in terms of working out, you'll always have myself and the rest of guys telling you not to believe in that negative notion and prove to yourself you can-do it!

It's more when you're at home and especially with the food side of things when cognitive distortions pop up and really play havoc with you achieving your goals.



Thoughts & Beliefs that sabotage your success

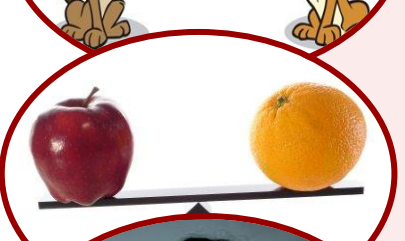
However; by learning to correctly identify this kind of "stinkin' thinkin'," a person can then answer the negative thinking back, and refute it.

By refuting the negative thinking over and over again, it will slowly diminish overtime and be automatically replaced by more rational, balanced thinking.

On the next page, we'll go through the 8 distortions & how to refute them. These 8 are partially commonplace in the diet mindset and i first read about them in Lynn Rossey's Phd book "The Mindful Based Eating Solution". Now you may recognise some of them in yourself or even all of them... Don't worry we all think in these ways at times including me your coach...

Over the next few days Examine your thoughts and see which 3 come up more than often... from there challenge them with either the suggested responses or tailor the response to suit yourself. To further help yourself, print off and cut out the reminder cards and place them close by.. Because half the problem is we don't even realise that we are doing it!

Note: When you're tired, lonely, sad, mad or otherwise distressed, you need to be on high alert for these negative thought patterns... Challenge the thoughts and try a little deep breathing to help balance your mood & remember, it won't always work & that's normal... it's a learning process...





Thoughts & Beliefs that sabotage your success



The Categoriser

It's All or nothing, Right or Wrong, Good or Bad, Black or White.

To the Categoriser

Life cannot be measured out into all or nothing, white & black categories, life is very gray & "right" is relative



The Perfectionist

I must strive to be perfect or it not worth doing

To the Perfectionist

Nothing is perfect and that's Okay.. strive for progress not perfection



The Rule Maker

I Should, Must, or to and have too

To the Rule Maker

I can make up my own mind instead of listening to your prescribed "rules"



The Defeatist

I'll never be able to, I give up

To The Defeatist

I am worth the effort, no matter what has happened in the past



Two Year Old

"NO! YOU CAN'T TELL ME WHAT TO DO!"

To The Two Year Old

I can act like an adult and do what feels right for me today.

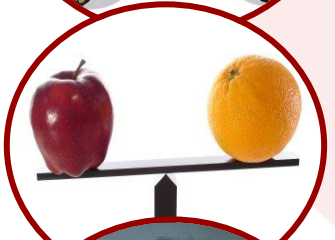


The Blamer

It's her/his fault or it all my fault

To the Blamer

I will take responsibility for what i want and need in the present



The Comparer

I'm not as good as, Less than or worse than, him/her

To The Comparer

I am incomparable and perfectly fine just as i am.



The Labeller

I'm fat as a cow, My belly is disgusting my thighs are wiggly!

To The Labeller

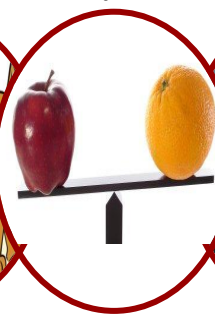
There is no label that can capture who i am as a whole person.



...What are your thought?

Cognitive Distortions, Challenge 'em change 'em

Categoriser Rule Maker 2 yr Old Comparer



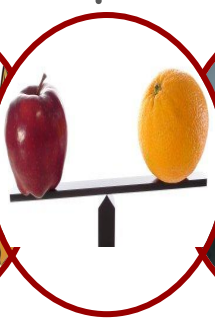
Perfectionist Defeatist Blamer Labeller



...What are your thought?

Cognitive Distortions, Challenge 'em change 'em

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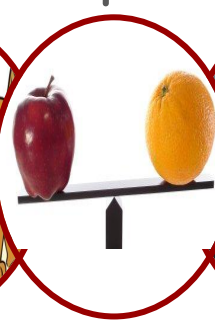
Perfectionist Defeatist Blamer Labeller



...What are your thought?

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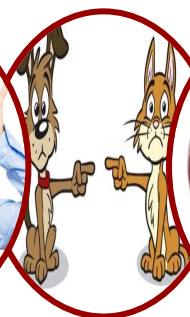
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Perfectionist

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