

## The Basics...

### **MINDSET AND HEALTHY LIFESTYLE CHANGE**

By Karen Mace

Most people have goals and dreams; and if you are one of those who has never had a dream come true or never reached a goal you've set, you aren't alone. In fact, around 92% of people never do reach their goal or see that dream become reality.



Making a healthy lifestyle change is one of those goals that I hear many people talking about. Dreaming of losing weight and getting rid of the illnesses that are associated with poor lifestyle choices is often the topic of conversation when I talk with my clients – and with my friends.

Considering the number of people who don't reach their goals, how is it possible to become one of the 8% that do? We considered this when developing our 12

month program, Not What the Dr Ordered (NWTDO), and decided that if people were going to be helped we needed to do all we possibly could to facilitate that. And that included helping them understand the importance of having a positive, 'can do' mindset, a success – oriented mindset that guides thoughts and actions.

In this 8-week program, we touch on mindfulness, which has a huge impact on mindset. Karen is available for a one on one consultation if you feel you need more help in this area. Please contact her to book an appointment. [CONTACT](#)

Change is challenging because often we have formed our lives around unhealthy habits and behaviours that are ingrained in everything we do. So it takes a lot of rethinking and planning to change habits that are interconnected with our lifestyle.

**Changing or adjusting your thinking is the first essential step** – when things don't work out for us repeatedly, we may begin to wonder what needs to change. Generally, and this is probably

because our society constantly encourages more learning and acquisition of more skills, we try seminars and workshops, we read books, and we might even go back to school, hoping that whatever it is we are doing will be the answer for us. There's nothing wrong with information and education, but if it's a mindset **change** that's needed, all that won't make a difference until *after* we've worked on the mindset!

**Counter mindsets are mindsets that aren't producing the results you want, you need to identify these** – mindsets are formed through prior experiences and emotional milestones. Some of these are limiting beliefs, self-doubt, and any other negative thoughts that are barriers to you reaching your goals and dreams.

Anywhere from 35,000 – 100,000 thoughts go through our minds every day. Sadly, for the majority of people, most of them are negative. These 'Automatic Negative Thoughts' (ANTs) or 'Deceptive Brain Messages' (DBMs), occur so often that you are probably not even aware of them – most of us aren't.

For example: You know that little voice that points out that the gift you bought for your friend just isn't good enough? Or makes disparaging comments when you look in the mirror? We all know that voice. All of us have different ANTs/ DBMs, and, without knowing it, we're habitually allowing them to destroy our dreams. It's hard to remain positive when that little voice is constantly nagging you and saying things like, "I can't talk to him," "I'm not smart enough/good enough," "I'm fat," "I'm not qualified," "I'm hopeless"... I'm sure you know what I'm talking about.

The way to start getting rid of the ANTs/DBMs in your head is to begin paying attention to them – not ignore them. Notice when you hear that critical voice, and recognize how frequently it happens. More than likely, you'll find that your limiting thoughts can be narrowed down to a few key themes. Taking note of this is a major step because we can't change what we haven't acknowledged.

If you need more help than this basic 8-week challenge can offer you, NWTDO might be just what you need. We will work with you to identify the negative mindsets and your limiting beliefs. The programme is designed to provide you with everything you need to stop them holding you back.

Our approach is one based on the belief that the brain is 'plastic'. That means it is possible to change our brain, to 'unwire' unhelpful patterns of thought and behaviour and wire in helpful ones. Each week you will build on what you learned the week before, and as you direct your attention towards these new, positive behaviours, and develop new habits, your brain will change and so will your thinking. We work with you to help you change your mindset to one that says, "Yes, I can."

A scientifically demonstrated effective way of helping to change mindsets is mindfulness. As a mindfulness teacher and someone who practices mindfulness daily, I am convinced that the research evidence is indeed valid! Mindfulness is known to have tremendously useful effects on our physical and psychological wellbeing and is an integral part of our programme.

Most people understand that changes must be made, but they struggle with temptation, cravings, not knowing what foods to eat, how to cook, how much exercise and the types of exercise to do. With so much conflicting information out there, I don't blame them! Who knows where to start? I do! We can help. It's what we are here for, and it's up to you how much help you would like, or you need. While this 8 - week programme is a great start; *our NWTDO program is the life changer*. With 8 months of 'things to do and learn' and 4 months of follow-ups and check-in's ... it's the best chance of reaching your goals that we can offer you.

If you are wondering whether our programmes are for you, or if you are going to succeed in this challenge, or if some of those limiting thoughts are telling you "don't bother" or "I'd never be able to do it" or "I probably won't last long" label them for what they are: ANTs/DBMs, and decide right now to start with a "Yes, I can" attitude!

Educating people is what MiMFiT is all about. We have the tools to help you, all you have to do is ask! We will help you gain an understanding in this 8 week challenge and point you in the right direction, and then we encourage you to contact us for a chat for Not What the Dr. Ordered. It is 100% online and covers so much including lifestyle choices, weight loss, fitness, mindset, brain plasticity, mindfulness, meditation, reducing stress, cooking, planning and becoming the best version of you that you can be, with the added benefit of being held accountable. NWTDO is affordable, costing less than 2 PT sessions per week!

We are here for you. Mindset is the cornerstone of your success, so let's work together and get you started on your brand new life. The challenge has been set, and your time is now!