

Get yo mind right Girl

A guide to prepping your MIND for a lifestyle change

We have all been there beforeyou're all in the first week leading up to your new lifestyle. You buy all the supplies. The books, gadgets, food, you name it! But we often forget to prepare the one thing that matters the most, our MIND!!!!

Now you're a few days in and instantly think WTF have I done? This is too hard! This is why I always fail! I am just destined to have this life I dislike. Poor me!

So, what can you do to keep you on track when you feel really overwhelmed with a lifestyle change/ shift??? How can we train our brains for success??

Here are a few of my favorite tips for how to get your mind right.

It's all about that Grace!

When we embark on a journey to learn new things we have to make sure to give ourselves the compassion and grace we would give a friend or loved one if we were teaching them something new.

Be gentle with yourself. You may be undoing years of programming right now, that requires a lot of work and self-awareness!

You have decided you love yourselves enough to make a decision to better your life, so congratulations, you are already showing yourself grace right there.

Do the best YOU can!

Comparison is the theft of all joy.... yet we have all been there. You think you are doing pretty good in life and then you see someone else do more than you, what you want to do or what you believe you cannot do. And it changes everything.

It is super easy to scroll IG and see tons of perfectly packed lunches, meal planning templates, and cookbook worthy photos that would make even the most secure person question themselves.

But if there is one thing life has shown me around this it's to stay in your own lane and do your personal best.

Not everything you do is going to be identical to anyone, and that is a good thing! Do whatever you have to do to make yourself successful. Do not worry about what they are doing to be successful. We never really know anyone else's life anyways. Trust your own inner guidance to let you know what's best for you.. As long as you know you are doing your best that's all that matters!

Focus on YOURSELF and do YOUR BEST!



Focus on one thing at a time

Oftentimes we hit the ground running with allll the changes we want to make. We want to drink more water, read a book a week, hit the gym daily, start meditation etc. But then we end up getting so overwhelmed that we do none of it.

My advice is find your one thing to focus on at the moment but before you do grab a notebook.

Make a list of all of the things you would love to change, work on, or add into your life. Get it all out by doing a brain dump and leave it there.

Some examples may be no snacking late at night, get movement in daily, go to bed at a reasonable time, eat more veggies, start meditating etc.

I bet some of these things may actually naturally start to unfold for you as you embark on this new healthy journey but the ones that don't you can revisit when you feel ready.

The really cool thing about this is that once you have focused on your one thing and done it well you will feel so empowered and so accomplished. Now that that list will seem SO doable. You can slowly start to add in and crush each goal one by one!



Find your why.

I cannot stress enough how important and critical this piece of the puzzle is to your success.

Make a list of all the reasons why you want to make this change. And when I say all the reasons I mean ALL of them! And spare me the shallow BS like "I want to be as skinny as I was in high school" PLEASE Girl..... Get REAL.

Do you want to be confident in your clothes... Ok that's cool, be more physically fit?.... Ok, still scratching the surface here.....what else? Avoid the doctor and medicine? Sleep better? Get rid of skin issues, inflammation, reduce the pain you're having, help your anxiety or depression? Now we are getting somewhere!

Play more and keep up with your kids, be around for grandkids? Dig deep people!

Make a list of what matters to you most... And keep it!

Reference this list when you're struggling. It's really hard to give up when you think about your children or having to go to the doctor for the same reason again when you have made zero effort to change.

I promise you that focusing on WHY you're making these changes will be a huge game changer.



Change your mind frame to believe you
already have conquered this!

One way to do this is through daily affirmations. Reference your "Why" and write "I am" statements/affirmations on post-its. Place them where you can see them and let them be your daily dose of why you're doing this. Changing your mind to believe you not only can do this but you will because your affirmations say you have done it already is so helpful.

Some examples would be : I am strong! I am so happy and grateful my strength is increasing daily! I am glowing from the inside out! I feed my body and my soul nourishing foods! I am rested and full of energy! My body loves me because I love my body! Use your imagination and make your goals your reality!

I hope these recommendations help you get your mind right as you are embarking on your healthy lifestyle!

XOXO,
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