

BREAK FREE AND FLY TO OPTIMAL WELLBEING



When it comes to trying to reach your health and wellbeing goals and maintain them – how are you going? When attempting to discipline yourself do the simple daily things you need to do to create the health and body you desire and maintain it forever; do you feel like Homer pulling out his hair? Or do you feel like Superman flying towards your optimal health and body?



If you are anything like I was, you probably feel more like Homer than Superman. No matter how hard I tried to do the things I needed to do consistently, I just couldn't stick to a plan until completion. I started to think about the reasons why - was it because I didn't know what to do? No, that wasn't it. Was it because the plan was unrealistic and not maintainable? No, that wasn't it either.

There was just something holding me back. It was something that crept up on me and stopped me just as I was close to achieving my goal. It wasn't till I sat down with a mentor of mine that I realised what it was – **it was my expectation and self talk.**

I had tried and not succeeded so many times before that my subconscious was telling me, no matter how hard I try I cannot do it! It wasn't until I cleared my negative self talk and replaced with good stuff that I started to move ahead positively and permanently.

This is what I did:

1. I got out a piece of A4 paper and on it I wrote down all of the things I didn't like about myself and all the things that were holding me back. It was so cleansing – I just got it all out, I dumped all the rubbish onto that sheet of paper.
2. For each negative comment about myself, I wrote a positive affirming question that posed the opposite to the negative statement. For example; if I wrote "I hate that I can never stick to anything" then I would write the question; "Why am I so disciplined and stick to every task until it is satisfactorily completed?"
3. The next step was to get rid of all the rubbish – so I took that first bit of paper and I tore it up into little pieces and at the same time said; "goodbye, I don't want you in my life anymore, goodbye". I set the paper on fire and watched all of the things that were holding back go up in flames.
4. From that day and every day since I have read those affirming questions. Each time I read them, my subconscious goes to work to answer them and find the times in my life when they were true. It has changed my life.

My challenge for you is to do the same 4 steps. They are very easy to do, but they are also very easy not to do.

Go on, I dare you! Now is the time to FLY!